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Ways to spot mental illness

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By Franklin White [CONNECT](#)

FLORENCE, AL (WAFF) - Investigators said Timothy Murphy shot Deputy Randall McCrary Wednesday as McCrary was serving a mental health evaluation warrant at his home.

Bill Gigerer with the Foundation for Mental Health said mental health is a serious issue. In fact, he said one in five people will experience a mental health issue in their life.

"We know someone has a mental health issue by the behavior they exhibit," said Gigerer. "If a person is violent, they were violent before the mental health issue developed. That's not a cause and effect, that's a correlation."

Gigerer said all people suffering with mental health issues should be getting treatment.

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"What you're looking for are drastic changes from what was normal before," said Gigerer.

He said the signs and symptoms are easily missed but easier to spot in younger patients.

"Inability to pay attention, they start crying all the time, they become very quiet or they become very talkative, someone who's very social starts to withdraw or in the other direction," explains Gigerer.

Gigerer says the downside of this issue is that resources are limited. The state of Alabama has just one functioning mental health hospital, whittled down from four.

"It could be better, but anytime there's great change, there's a lot of adversity and I think what we're dealing with," said Gigerer.

Gigerer also said if someone in your family exhibits any of these signs, they should seek help immediately through counseling or a mental health facility.

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