



know the five signs

Nearly one in every five people, or 42.5 million American adults, has a diagnosable mental health condition. Half of all lifetime cases of mental disorders begin by age 14.

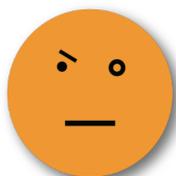
Often our **friends, neighbors, co-workers, and even family members are suffering emotionally** and don't recognize the symptoms or won't ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:



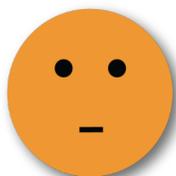
Personality Change.

You may notice sudden or gradual changes in the way that someone typically behaves. He or she may behave in ways that don't seem to fit the person's values, or the person may just seem different.



Agitation

You may notice the person has more frequent problems controlling his or her temper and seems irritable or unable to calm down. People in more extreme situations of this kind may be unable to sleep or may explode in anger at a minor problem.



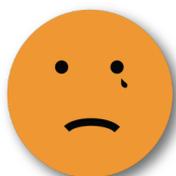
Withdrawal

Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities he or she used to enjoy. In more severe cases the person may start failing to make it to work or school. Not to be confused with the behavior of someone who is more introverted, this sign is marked by a change in someone's typical sociability, as when someone pulls away from the social.



Poor Self-Care

You may notice a change in the person's level of personal care or an act of poor judgment on his or her part. For instance, someone may let his or her personal hygiene deteriorate, or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behavior that may alienate.



Hopelessness

Have you noticed someone who used to be optimistic and now can't find anything to be hopeful about? That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them suggesting suicidal.

¹ Substance Abuse and Mental Health Services Administration, Results from the [2013 National Survey on Drug Use and Health: Mental Health Findings](#), U.S. Department of Health and Human Services:

² Kessler RC, Chiu WT, Demler O, Merikangas KR, Walters EE. Prevalence, severity, and comorbidity of 12-month DSM-IV disorders in the National Comorbidity Survey. Replication. Arch Gen Psychiatry. 2005 Jun;62(6):617-27.)



YOU RECOGNIZE SOMEONE IN YOUR LIFE IS SUFFERING NOW WHAT?

You connect, you reach out, and you offer to help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to help him or herself. There are many resources in our communities.

It may take more than one offer, and you may need to reach out to others who share your concern about the person who is suffering.

If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

Learn more at www.changedirection.org

#ChangeMentalHealth

The Campaign to Change Direction is a coalition of concerned citizens, nonprofit leaders, and leaders from the private sector who have come together to “change the story” in America about mental health, mental illness, and wellness.

a collective impact effort lead by:

