

CONCERNED ABOUT SOMEBODY?

HELP AND HOPE ARE AVAILABLE



Studies say that up to **70%** of those struggling with a mental crisis aren't getting the treatment they need, and **4 out of 5** suicide attempts are preceded by clear warning signs.

YOU CAN DO SOMETHING ABOUT IT.

Encourage the person to seek help, and help them connect to it.

DANGER SIGNS for Children & Adolescents

Suicide is the second-leading cause of death among children 12-17 per the CDC. The National Institute of Mental Health finds 50% of mental illness begins by age 14.

Keep a look out for:

- Changes in School Performance
- Excessive Worry or Anxiety
- Hyperactivity
- Persistent Nightmares
- Persistent Defiance of Authority, Anger or Aggression
- Changes in Sleeping and/or Eating Habits
- Excessive Complaints of Physical Ailments
- Intense Fear of Weight Gain
- Prolonged Negative Mood, Often Accompanied by Thoughts of Death

DANGER SIGNS in Adults

- Confused Thinking
- Prolonged Depression, Sadness or Irritability
- Extreme Mood Swings
- Feeling 'Trapped' or in 'Unbearable Pain'
- Excessive Fears, Worries & Anxieties
- Social Withdrawal or Isolation
- Dramatic Changes in Eating or Sleeping Habits
- Showing Rage or Talking about Seeking Revenge
- Delusions or Hallucinations
- Growing Inability to Cope with Daily Problems & Activities
- Suicidal Thoughts
- Numerous Unexplained Physical Ailments
- Increased Use of Alcohol or Drugs



WHAT CAN YOU DO?

Encourage the person you care about to seek help, and help them connect to it.

Accept & validate your concerns. Don't deny the warning signs, worry about what other people will think or wonder what caused your loved one to become ill. Don't accept stigma.

Find ways to cope with unusual behavior. The outward signs of mental illness are often behavioral. Some individuals with a mental illness can exhibit anti-social behaviors even after treatment has started. Discuss these behaviors with your doctor and develop a strategy for coping.

Establish a support network. Whenever possible, seek support from friends & family members. If you feel you cannot discuss your situation with them, find a self-help or support group.

Seek counseling. Therapy can be beneficial for both the individual with mental illness and other family members. A mental health professional can suggest ways to cope and better understand the illness. Be patient and find the person who is right for you.

Take time out. If you are a caregiver, you need time for yourself to prevent becoming frustrated or angry. Being physically and emotionally healthy helps you to help others.

Learn Mental Health First Aid and Youth Mental Health First Aid. You'll learn how to preserve life when a person may be in danger to themselves or others, how to provide help to prevent the problem from becoming more serious, promote and enhance recovery and provide comfort and support.

Courtesy Mental Health America

HELP IS AVAILABLE

24/7 Crisis Line **1.888.207.4004**
Speak to a counselor

West Springs Hospital **970.201.4299**
24/7 Admissions

Find an outpatient office and other resources at
MindSpringsHealth.org



MIND SPRINGS *health*

Prevention. Care. Recovery.