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
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.

**HELP IS AVAILABLE**

**Colorado Crisis Services Mobile Response Hotline**
1.844.493.8255 or text TALK to 38255

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

Find an outpatient office and other resources at MindSpringsHealth.org