

MENTAL HEALTH RESOURCE GUIDE

*A guide to available resources in
Portage County*



Mental Health & Recovery Board
OF PORTAGE COUNTY

If you or someone you know is in a mental health crisis:

If you or a family member is in a crisis due to a mental illness, emotional problem or addiction, you can call these agencies where mental health or crisis intervention professionals are available 24 hours a day to talk with you and offer referrals.

Call or text: 988 Veterans: Call 988, press 1

Coleman Access 330-296-3555, call or walk-in 3922 Lovers Lane, Ravenna

Mental Health Providers

Funded by Mental Health & Recovery Board of Portage County.

Medicaid and most insurances accepted, some services on a sliding fee schedule. Call each agency for specifics.

AxessPointe Community Health Center

330-673-1016

143 Gougler Ave, Kent

*Behavioral health care integrated with medical care



Children's Advantage

330-296-5552

771 N. Freedom St, Ravenna

*Children/Adolescent Psychiatry
*Individual, family, & group



Coleman Health Services

330-673-1347

5982 Rhodes Rd, Kent

*24/7 Crisis Intervention & Stabilization
*Psychiatry
*Individual, children, group



Family & Community Services

330-677-4124

143 Gougler Ave, Kent

*Individual, family, children, group, couples



Townhall II

330-678-3006

155 N. Water St, Kent

*24/7 Crisis Helpline
*Individual, group, adolescent



Additional Mental Health Providers in Portage County

Call to verify which payment methods are accepted.

Aurora Counseling and Consulting LLC

330-826-1122

323 E Garfield Rd Suite 8, Aurora

*Individual, children, couples

Counseling For Wellness LLC

330-677-2000

420 W. Main St, Kent

*Individual, children, family, couples

Ever Well Community Health

216-264-0008

4300 Lynn Rd, Suite 201, Ravenna

*Individual counseling & case management

Guiding Steps Counseling & Consultation

330-235-9303

9330 Market Square Drive, #110 Streetsboro

*Individual, children/adolescent, group

Healing Strides Counseling Services LLC

330-256-0337

135 E. Erie St Suite 304, Kent

*Animal-assisted psychotherapy
*Individual, children, family, couples

Kelly's Grief Center

330-593-5959

2275 OH-59

*Individual and Group counseling for grief
*Loss from accidental overdose, suicide, and murder, parent & child loss

Kent Psychological Associates

330-673-5812

190 Currie Hall Pkwy, Kent

*Individual, children/adolescent, group

Live to Thrive LLC

330-422-8777

1532 SR 43, Unit A, Mogadore

*Individual, children, family, & couples

Mindfully Therapists & Counseling Services Aurora

440-846-0862

199 S. Chillicothe Rd, Suite 206, Aurora

*Psychiatry

*Individual, child, family, & group

Ravenna VA Outpatient Clinic

330-296-3641

6751 N. Chestnut St, Ravenna

*Psychiatry

REACH Behavioral Health

330-967-2846

507 E Main St, Ravenna

*Psychiatric and Medication Management

*Individual, family, & couples

Simply Amazing Family Environment

330-422-9005

9217 SR 43, Suite #220, Streetsboro

*Individual, children, family, & couples

Sitko Counseling

330-536-7020

Hiram

*Individual, children

Stepping Stone Community Services

330-577-4099

223 W. Main St, Ravenna

*Psychiatry

*Individual, family, & couples

Geriatric & Developmental Disability Specific Resources:**AxessPointe Geriatric Assessment**

330-673-1016

143 Gougler Ave, Kent

Coleman Adult Day Services

330-296-3214

6695 N. Chestnut St, Ravenna

Direction Home Area Agency on Aging & Disabilities

800-421-7277

KidsLink Neurobehavioral Center

330-963-8600

899 Frost Rd, Streetsboro



The Mental Health & Recovery Board of Portage County funds services for Portage County residents through its network of agencies. Services help families, adults, teens and children with mental illness, depression, addictions, in crisis and at risk for suicide. Board-funded treatment improves the lives of thousands of Portage County, Ohio, residents who seek services from our system of care and support.

Services for Portage Residents funded by the Board include

- Treatment for children, families, and individuals with mental health issues, including those with trauma, and residential treatment for children.
- 24 hour crisis helplines, walk-in crisis services, and a crisis stabilization unit.
- Therapists in each Portage County school district to provide direct services to children.
- Alcohol and drug prevention programs taught in the Portage County schools.
- Suicide Prevention Programming and support for families suffering loss.
- Treatment for persons with opiate and other addictions including residential treatment & recovery housing.
- Crisis Intervention Team training for police.

www.mental-health-recovery.org



With many families experiencing mental health and/or substance abuse problems in today's world, it's good to know that Portage County has quality, affordable services.

We're here for you!

THE BLUES & DEPRESSION

Everyone feels sad and low every once in a while, but these feelings usually pass in a few days. Many of these “blue” feelings are due to a variety of situations and events that are occurring in our lives – such as day-to-day stress, physical health problems, and normal grief reactions to loss. Many of the symptoms listed for depression are experienced by all of us in varying degrees of intensity and impact on our daily lives.

In contrast, when you have depression, the feelings persist for weeks and even months. Depression can be very intense and interfere with activities of daily living, such as working, going to school, personal hygiene, and relationships with others.

People experiencing this sort of depression can not just “snap out of it” because depression isn’t the same as a passing mood.

Both men and women experience depression, however their symptoms may differ. Men typically report fatigue, irritability, loss of interest in work, and are more likely to abuse alcohol or other substances. Women may experience feelings of sadness, worthlessness, excessive guilt, and dwell on negative feelings.

The feelings and behaviors that are part of depression can hinder a person’s ability to seek help.

Depression is a real, medical illness that can be successfully treated with therapy, medication, or a combination of both. Support from family and friends plays an important role as well.



Tips for beating the blues

- Exercise
- Spend more time with others & help others
- Talk about it
- Reframe how you view problems
- Keep a set sleep schedule and a routine
- Be mindful, meditate
- Listen to music, read
- Care for a pet
- Connect with your spiritual side
- Reach out for help - let your friends/family know you are struggling and call your doctor

Symptoms of Depression:

- Anger, irritability & agitation are typical
- Deep feeling of sadness and hopelessness
- Anxiety and fearfulness
- Physical complaints: headaches, stomachaches
- Withdrawal from family & friends
- Loss of interest/pleasure in activities
- Extreme sensitivity to rejection & failure
- Low self-esteem, guilt, feel worthless
- Trouble concentrating & making decisions
- Loss of energy/increased fatigue
- Insomnia or oversleeping
- Changes in appetite & weight (up or down)



I don't want to live anymore.
You'd be better off without me.
I will never feel any better.

What About Suicide?

There's no single cause for suicide. Suicide most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide.

Risk Factors for Suicide

- Depression
- Having a drug and/or alcohol problem
- Significant loss by death, separation, divorce, moving or relationship break-up
- Social isolation
- History of abuse/neglect
- Family history of suicide
- Access to firearms

How you can help

Suicide is a permanent solution to a temporary problem. Depression is a treatable disorder. A depressed person is in emotional pain, and cannot think clearly about the morality of suicide, cannot think logically about their value to friends and family. Ask questions to help a depressed and suicidal person.

"You seem pretty down. Do things seem hopeless to you? Are you having thoughts that it would be easier to be dead? Are you thinking about suicide?"

You cannot make someone suicidal by talking about it. It is helpful to show the person you take them seriously and you care. Most people feel relieved to have a chance to talk. If you get a "yes" answer, don't panic. Stay with them until they get help - by calling a hotline or going to a doctor.

Suicide is the 4th leading cause of death for people aged 18-65 and the 2nd leading cause for those 15-24 years old.



In Crisis call or text 988

Call anytime if you are concerned for yourself or a loved one in a mental health crisis.

Portage County Treatment & Services

Treatment begins with a call or visit to the following local agencies.

Children's Advantage

771 N. Freedom St, Ravenna
330-296-5552

Coleman Health Services

5982 Rhodes Rd, Kent
330-673-1347

Family & Community Services

143 Gougler Ave, Kent
330-677-4124

CHILDREN & DEPRESSION

Most children feel sad and low every once in a while, but these feelings usually pass in a few days. Untreated depression, however, lasts for a long time and interferes with day-to-day activity.

Children who are depressed may complain of feeling sick, refuse to go to school, cling to a parent or caregiver, or worry excessively that a parent may die. Older children may sulk, get into trouble, be negative or grouchy, or feel misunderstood. Youth are more likely to respond to treatment if they receive it early in the course of their illness.



WHAT TO WATCH FOR

- Anger, irritability & agitation are typical
- Deep feelings of sadness and hopelessness
- Anxiety and fearfulness
- Physical complaints: headaches, stomachaches
- Withdrawal from family & friends
- Loss of interest/pleasure in activities
- Extreme sensitivity to rejection & failure
- Low self-esteem, guilt, feel worthless
- Trouble concentrating & making decisions
- Loss of energy/increased fatigue
- Insomnia or oversleeping
- Changes in appetite & weight (up or down)



WHEN TO WORRY

All parents might see any of these symptoms in their children on occasion. It is time to seek professional help when:

- Multiple symptoms appear
- Over a long period of time
- Symptoms are interfering with the child's ability to function: refusal to go to school, personal hygiene, grades, lack of friends, troubled relationships, running away, self injury, substance abuse
- Child talks about wanting to die and has thoughts of suicide

If you are concerned about your child, contact your family physician, reach out to your child's teacher and school counselor, and call one of the following Portage County agencies:

Coleman Health Services

330-296-3555 - 24 hours
Walk-in mental health emergency
3922 Lovers Lane, Ravenna

Children's Advantage

330-296-5552

Risk factors that can increase the likelihood of depression in children or adolescents include family history of depression, suicide, or other major mental illness; stressful life events such as witness to or experience of child abuse, domestic violence, and loss; inconsistent and/or unstable caregiving; substance abuse; chronic illness in the child or family; family conflict; and poor social skills or unpopularity, including bullying.



330.673.1756 • 155 E. Main Street, Kent
www.mental-health-recovery.org

Anxiety

Worry and nervousness can be a natural part of life from time to time. All of us worry at some point about things like health, money, or family problems. Recent studies show that up to 40% of the population experiences anxiety and 1 in 5 Americans have a diagnosed anxiety disorder.

While occasional worry and transient anxiety can actually be productive (studying for exams, attention to detail for certain actions such as driving a car), persistent and overwhelming anxiety can interfere with daily life and work responsibilities.

Common types of anxiety

If you or someone you know is experiencing symptoms of anxiety it is important to consult a clinician who can assess for the presence of an anxiety disorder. The most commonly occurring anxiety disorders include:

- Generalized Anxiety Disorder (GAD)
- Panic Disorder
- Post-Traumatic Stress Disorder
- Obsessive-Compulsive Disorder
- Social Anxiety Disorders
- Phobias

Treatment can help

How is anxiety treated? First, talk to your doctor about your symptoms who should do an exam to make sure that another physical problem isn't causing the symptoms. The doctor may refer you to a mental health specialist. Anxiety disorders are generally treated psychotherapy, medication, or both.

Psychotherapy

A type of psychotherapy called cognitive behavior therapy (CBT) is especially useful for treating anxiety. CBT is typically provided in 12-20 sessions and teaches different ways of thinking, behaving, and reacting to situations that help him or her feel less anxious and worried. Improved coping skills are one major outcome of CBT.



Signs of Anxiety

- Feeling nervous, tense or restless
- Persistent worrying
- Having a sense of impending danger, panic or doom
- Chronic or severe fatigue
- Trouble concentrating
- Trouble sleeping
- Increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Gastrointestinal (GI) problems

While you should keep an eye out for symptoms in yourself, it's particularly important to pay attention to signs in others so you can help them seek treatment and feel better. The support of a loved one can have a huge impact on someone seeking the help they need.

Medication

Doctors also may prescribe medication to help treat anxiety. Any decision regarding the use of medication should be made with your doctor.

Local Resources

Take a free, anonymous mental health screening at www.mental-health-recovery.org
Contact a Portage County mental health provider:
Coleman Health Services at 330-673-1347
Family & Community Services at 330-677-4124



In Crisis? Call or text 988

Call anytime if you are concerned for yourself or a loved one in a mental health crisis.

Stress

Stress is the body's natural reaction to tension, pressure, and change. Everyone experiences it from time to time. Not all stress is bad. In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job.

However, prolonged, unrelieved stress can lead to accidental injury, as well as to serious illness. For the sake of your health, safety, and happiness, it is important to recognize and manage stress before it gets the best of you.

There are different types of stress—all of which carry physical and mental health risks. Routine stress is related to the pressures of school, work, family, and other daily responsibilities. There can also be stress brought about by a sudden negative change, such as losing a job, divorce, or illness. Traumatic stress experienced during an event such as a major accident, war, or natural disaster where people may be in danger of being seriously hurt or killed.



Signs of Stress

- Headaches
- Upset stomach
- Indigestion, diarrhea
- Irritability, anger
- Overeating or skipping meals
- Frequent colds
- Grinding teeth
- Feeling of Powerlessness
- Muscle tension or soreness
- Lack of energy
- Poor concentration
- Forgetfulness
- Inability to make decisions
- Lack of interest
- Sleep problems
- Increased use of tobacco, alcohol, or other drugs

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol more frequently.

Ways to Manage Stress

- Think positively and surround yourself with others who think the same.
- Avoid the trap of demanding too much of yourself. Get help if tasks are too big for you.
- Accept that you can't control every situation. Learn to be flexible.
- At the start of each day, write a to-do list and set priorities.
- Divide tasks into smaller more manageable ones.
- Eat a well-balanced diet and get plenty of sleep.
- Include exercise into your day to boost energy and improve your mood.
- Make time for relaxation. Try listening to smooth music, mediating, gardening, playing with a pet, reading a good book, etc
- Avoid tobacco, alcohol and drugs. They only make matters worse.
- Confide in at least one friend, share disappointment and achievements. Talk things out so minor frustrations don't build up.
- Laugh, look for humor in life and take time to have fun.
- Remember, it's OK to cry.
- Practice deep breathing: Take in a slow breath through your nose to the count 5. Hold it for another 5 count. Then exhale through your mouth to the count of 5.

Portage Helpline:
330-678-4357

Struggling, need to talk?
Call anytime!

Contact a Portage County mental health provider:
Coleman Health Services at 330-673-1347
Family & Community Services at 330-677-4124
www.mental-health-recovery.org



SOURCES: Natl Institute of Mental Health, Positive Promotions

Save a Life

- Suicide is a leading cause of death and it is preventable.
- Guns are the most deadly method of suicide.
- 60% of all Ohio firearm deaths in 2016 were suicides.

You can help protect your family & friends.



If someone is in crisis, remove the gun for now

Without a gun, less than 5% of suicide attempts result in death. But with a gun, 85% of attempts are fatal. In a moment of crisis, access to a gun is the difference between life and death.

Suicidal urges are impulsive and brief.

Depression can last a long time, but suicidal urges can last for just a few minutes. Temporarily putting time and distance between a suicidal person and a gun can save a life. Just as you would offer to hold a friend's car keys if they have too much to drink, you can offer to hold onto someone's guns temporarily until the situation improves.

Warning Signs of Suicide

- Talking about wanting to die or killing themselves
- Talking about feeling hopeless or having no reason to live
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Withdrawing or isolating themselves

Need to talk? We're here for you 24/7

Call or Text: **988**

Addiction Helpline: **330.678.3006**

Free gun locks available at:

The following Portage County Police Departments: Aurora, Brimfield, Hiram, Kent, and Ravenna.

Lock & Limit Access to All Your Firearms

Do Young People Live In or Visit Your Home?

82% of teens who die by suicide with a gun use a family members' firearm.

Lock Up

For their protection, do not allow children & teens unsupervised, unauthorized firearm access

Limit

Only firearm owner or designee should access keys and combinations

Choose

Carefully select a safe, storage device for home-defense firearms with fast access only for you

Concerned for Yourself, Friend, or Family Member?

Hold

Give a trusted individual keys and combinations

Limit

Temporarily lock guns & ammo separately, or remove ammo from the home

Transfer

Ask a friend to hold firearms in an emergency temporary transfer

Suicide Prevention Coalition of Portage County

Sources: Buckeye Firearms Association, Everytown for Gun Safety, Safer Homes Coalition, Ohio Department of Health

www.mental-health-recovery.org





What is NAMI Portage County?

NAMI Portage County is an affiliate of NAMI Ohio. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, support, and research and is steadfast in its commitment to raising awareness and building a community of hope for all of those in need.

NAMI Portage County has proudly served individuals affected by mental illness in Portage County for 33 years!

Our Mission is to be a primary resource of support, education, and advocacy in our community by providing programs for persons with mental illness as well as for their families and friends.

NAMI Portage County continues to change lives through our classes, support groups, and outreach.

We look forward to expanding our programs and services and want to hear from you.

Together we can and DO make a difference!

NAMI Programs currently offered in Portage County

NAMI Family-to-Family

Family-to-Family is a free, eight-week education course for individuals with a relative or friend who has a brain disorder (mental illness). Topics covered will provide more insight and understanding into schizophrenia, bipolar disorder, depression, anxiety disorder, obsessive compulsive disorder, and borderline personality disorder. There are workshops on problem solving, communication techniques, self-care, and empathy, along with classes on the biology of the brain, medications, advocacy, recovery, and rehabilitation. Registration is required.

NAMI Family Support Group

NAMI Portage County meets the second Thursday of each month 7:00-8:30 p.m. This support group is limited to family members and friends of individuals with mental illness.

Ask us about other NAMI programs which may be available in person or online in Ohio or elsewhere in the United States. Visit www.nami.org for a more complete description of programs available. If you would like to help start a program, let us know!

FIND US ON FACEBOOK AT: NATIONAL ALLIANCE ON MENTAL ILLNESS PORTAGE COUNTY

*If you or someone you know is struggling, **YOU ARE NOT ALONE.** There are many supports, services and treatment options that may help.*

NAMI Portage County is here for you even if you just need someone to talk to or meet with. We really do understand what you're going through.

CONTACT US: 330-673-1756

NAMIPORTAGE@GMAIL.COM

Tips for Calling 911

for someone experiencing a life-threatening
mental health crisis



When making the call

Speak calmly and request a CIT (Crisis Intervention Team) officer.

Describe what the person is doing and saying (e.g. suicidal, hearing voices, making threats).

While waiting for help

If you are in danger...leave!

Stay calm and listen to the individual's concerns without making judgments.

Reassure the individual that help is on the way.

When help arrives

Explain that the person has Mental Health problems.

State if the person is in treatment, any prescribed medications, and if the medications are being taken.

Tell the officer if the person is using alcohol or any other substances/drugs.

State you want the person to get help (hospitalized) and not arrested.

What is a CIT Officer?

A CIT officer has completed Crisis Intervention Team training where they learn how to respond to individuals with mental health conditions. Officers learn recognize mental illness and perform de-escalation techniques to help those experiencing crises and strive to divert the individual away from jail and into community treatment. Portage County has over 200 officers trained.



NAMI, the country's voice on mental illness, is a national organization of persons with mental illness, their families, friends, and community activists who work toward improving the lives of the mentally ill. The Portage County chapter meets on the second and fourth Thursdays of the month at 7 pm at 155 E. Main St., Kent. Call 330.673.1756 for info or visit www.namiportagecounty.org



For more info call 330.673.1756 or visit
www.mental-health-recovery.org

If you are in a
mental health crisis call:
Crisis Hotline at 988

Local Portage County

330.296.3555 (Coleman Access)

Healthy Sleep, Healthy Kids!

Importance of sleep to keep your kids safe and healthy!



Everyone knows that a good night's sleep is important to feel alert and clear headed the next day. It is hard for a child to concentrate, learn, and to do well in school if they are too tired. But, did you know that not getting enough sleep is also associated with several serious health risks including being overweight, drinking alcohol, using drugs, and poor mental health?

Insufficient sleep for children has been linked to:

- Anxiety & depression
- Increased suicide risk (suicide risk for teens decreases 11% with each one hour of additional sleep!)
- Engage in risky behaviors such as drinking, smoking, using drugs, and sexual activities.
- Be overweight due to changes in hormones that regulate appetite and poorer food choices.
- Increased car crashes (by up to 70%)
- Increased sports injuries (by up to 68%)

How caregivers can help:

You can model and encourage good sleep habits. Set a regular bedtime and rise time, including weekends for everyone in household. Sleep in a dark room. People who are exposed to more light in the evening from lighting or electronics are less likely to get enough sleep.

Try not to overschedule your child with activities every evening. This tends to push dinner and bedtime even later giving them less time to unwind.

Start a "media curfew." Parents should consider banning the use of technology – computers, cell phones, video games, TVs – after a certain time or removing them from the bedroom.

Contact your local school district about later school start times. The American Academy of Pediatrics has recommended that middle and high school students start at 8:30am to give students an opportunity to get the amount of sleep they need. But keep in mind school may have barriers such as potential increases in transportation costs and scheduling difficulties.

HOW MUCH SLEEP DO WE NEED EACH DAY?	
Toddler: 1-3 years old	12 to 14 hours
Preschool: 3-5 years old	11 to 13 hours
Elementary: 5-11 years old	10 to 11 hours
Adolescent: 12-25 years old	8 to 10 hours
Adult: 26 years and older	7 to 9 hours



If you are concerned about your child, contact your family physician, reach out to your child's teacher and school counselor, or call a local mental health professional. Visit mental-health-recovery.org for resources. Call or text **988** for immediate support.

READY FOR RECOVERY?



Recovery is possible for those who are dependent on alcohol, heroin, opiates, and other drugs.

Drug addiction is a complex illness, and there is not just one solution to fit everyone. Effective treatment plans incorporate many components and should be assessed continually and modified to meet changing needs.

Relapse is common. It is important to understand that recovery from a substance use disorder is a long-term process. Individuals may also have mental health issues that need to be treated, such as trauma.

Portage County Treatment & Services

Townhall II

155 N. Water St, Kent, 330-678-3006

Detox Assessment
Individual & Group Counseling
Residential Treatment for Women
Medication-Assisted Treatment

AxessPointe & Family & Community Services

143 Gougler Ave, Kent, 330-677-4124

Individual & Group Counseling
Residential Treatment for Men
Medication-Assisted Treatment
Recovery Housing

Coleman Professional Services

5982 Rhodes Rd, Kent, 330-673-1347

Mental Health & Alcohol/Drug (Dual Diagnosis)
Individual & Group Counseling
Medication-Assisted Treatment

Addiction Helpline
330.678.3006

Why Do Some People Become Addicted?

There are a number of genetic, biological, social and psychological factors that contribute to people developing an addiction. Drug addiction is not a character flaw. It is a complex disease that requires much more than a strong will or good intentions to stop. Similar to other chronic diseases like diabetes, addiction can be managed.

Overdoses after being substance-free

The threat of overdose is extreme after a period of not using heroin/opiates. This may happen after a short time at a treatment center or following incarceration. People lose their tolerance and cannot use the previous dosage. Any use in combination with any other drug or alcohol greatly increases risk of fatal overdose.

What is Medication Assisted Treatment?

Medication-assisted treatment (MAT) is the use of medications with counseling and behavioral therapies to treat substance use disorders. Medications are prescribed under monitored conditions and are safe and effective. They reduce drug cravings and help prevent relapse with alcohol and opiate addictions.



Are you or someone you care about
at risk of an opiate overdose?

Available for

Portage County Residents

Call 330.296.9919 or 330.678.3006

Or use the QR Code to receive a
naloxone kit free in the mail.



Naloxone is a medication that can reverse an overdose caused by an opioid drug. Project Dawn is a community-based overdose education and naloxone distribution program through the Portage County Health District with funding from the Mental Health & Recovery Board of Portage County.

www.mental-health-recovery.org • 330.673.1756
155 E. Main Street, PO Box 743, Kent, OH 44240



KNOW THE FIVE SIGNS

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.



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. Someone may let their hygiene deteriorate or the person may start abusing alcohol or illicit substances or engaging in other self-destructive behaviors.



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 grief, or feelings of worthlessness or guilt. People in this situation may say that the world would be better off without them suggesting suicidal thoughts.

Recognize someone in your life is struggling? Now what? Reach out, and offer help. Connect them to mental health resources.



**During times of crisis,
we're here to help.**

Call or Text 988

Addiction Helpline

330-678-3006

Your mental health is essential!

It is normal to be worried and stressed during times of crisis.

If you're concerned about your mental health, take a free, online, confidential screening and connect with resources at:

www.mental-health-recovery.org

