

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

Or local Portage lines:

Crisis Helpline

330-678-HELP

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