

Know the Five Signs

1 in 5 people may struggle with a mental health condition

Members of our community may be suffering emotionally, and we may not recognize the symptoms. Here are five signs that may indicate that someone is in emotional distress and might need help:



- 1. Personality changes.**
A person may undergo sudden or gradual behavior changes.



- 2. Uncharacteristically angry, anxious, agitated or moody.**
A person has more frequent problems controlling his or her temper and seems irritable or unable to calm down.



- 3. Withdrawal or isolation from other people.**
Someone who used to be socially engaged may pull away from family and friends and stop taking part in activities that used to be enjoyable. In more severe cases, the person may start missing work and personal engagements.



- 4. May neglect self-care and engage in risky behavior.**
A person's level of personal care changes or they commit an unexpected act of poor judgement.



- 5. Overcome with hopelessness and overwhelmed by circumstances.**
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, feelings of worthlessness or guilt.

You Recognize Someone is Struggling. Now What?

The first step in having a conversation about mental health is noticing the signs.



Connect.

Through your regular interaction with the person, note any changes in behavior.



Reach out.

Check in with the person. "How are you doing?" is a simple way to engage.



Inspire hope.

Tell them that you care about them.



Offer help.

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



Show compassion.

Show a willingness to find a solution when the person may not know they need help.

For mental health referrals, go to bchd.org/resources

Sources:

Adapted from the national "Know the Signs" campaign. Learn more at ChangeDirection.org.
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.
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