



HOW TO HELP A FRIEND

MENTAL HEALTH MATTERS

KNOW THE 10 COMMON WARNING SIGNS

- 01** Feeling very sad or withdrawn for more than two weeks
- 02** Difficulty concentrating or making decisions
- 03** Constantly being tired or having low energy
- 04** Trouble falling asleep, staying asleep, or oversleeping
- 05** Having poor appetite, weight loss, or overeating
- 06** Feeling on edge with physical sensations such as shakiness, racing heart, or chest tightness
- 07** Intense worries or fears that get in the way of daily activities
- 08** Persistent anger, irritability, or restlessness
- 09** Repeated abuse of alcohol or drugs
- 10** Having thoughts of death or suicide

START THE CONVERSATION

I've noticed that you haven't been acting like yourself lately. Can we talk about it?

I've noticed you're sleeping more, eating less, etc. Is everything ok?

It worries me to hear you talking like this. Let's talk to someone about it.

