I'm having a really hard time lately, will you go with me to see someone?

KNOW THE 10 COMMON WARNING SIGNS

1. Feeling very sad or withdrawn for more than two weeks
2. Seriously trying to harm or kill oneself or making plans to do so
3. Severe out-of-control, risk-taking behaviors
4. Sudden, overwhelming fear for no reason
5. Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
6. Seeing, hearing or believing things that are not real
7. Repeatedly using drugs or alcohol
8. Drastic changes in mood, behavior, personality or sleeping habits
9. Extreme difficulty in concentrating or staying still
10. Intense worries or fears that get in the way of daily activities

WORRIED? TELL SOMEONE

1. A FAMILY MEMBER
2. CLOSE FRIEND
3. TEACHER OR PROFESSOR
4. COUNSELOR OR COACH
5. FAITH LEADER

WHAT TO SAY

I haven’t felt right lately and I don’t know what to do. Can I talk to you about it?

I’m having a really hard time lately, will you go with me to see someone?

I’m worried about stuff that’s going on right now, do you have time to talk?

WHAT TO DO

Your first stop is your primary care doctor, to rule out other physical health conditions

Be honest about what you’re feeling and be clear about what you want

Ask for help finding a therapist or mental health specialist that works for you

KEEP IN MIND

CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. You can connect with them at OK2Talk.org. Also, look in your community for peer and support groups and you will discover that you are not alone.