**How to Help a Friend**

**Know the 10 Common Warning Signs**

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Feeling very sad or withdrawn for more than two weeks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

**Start the Conversation**

- “Tell me more about what’s happening. Maybe if I understand better, we can find a solution together.”
- “I’ve noticed you’re [sleeping more, eating less, etc.], I’m here if you need to talk.”

**Offer Support**

- “I really want to help, what can I do to help you right now?”
- “Let’s sit down together and look for places to get help. I can go with you too.”

**Be a Friend**

- Avoid saying things like “you’ll get over it,” “toughen up” or “you’re fine”
- Learn more about mental health conditions
- Tell your friend it gets better; help and support are out there

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**FRIEND**

**Help a Friend**

**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 Feeling very sad or withdrawn for more than two weeks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
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**NAMI HelpLine**

800-950-NAMI (6264)