

HOW TO HELP A FRIEND

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- 1 Feeling very sad or withdrawn for more than two weeks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

START THE CONVERSATION

"Tell me more about what's happening. Maybe if I understand better, we can find a solution together."

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

"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 right now?"

"Would you like me to go with you to a support group or a meeting?"

"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



speakupformentalhealth.org