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

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 Feeling very sad or withdrawn for more than two weeks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

"I've noticed you haven't been acting like yourself lately. Is something going on?"

OFFER SUPPORT

- Your friend may feel alone; check in regularly and include your friend in your plans
- Learn more about mental health conditions
- Avoid saying things like "you'll get over it," "nough it up" or "you're fine"
- Tell your friend that having a mental health condition does not change the way you feel about them
- Tell your friend it gets better; help and support are out there

BE A FRIEND

"I've noticed you're [sleeping more, eating less, etc.], is everything ok today?"

GET ADVICE

You may want to reach out to someone to talk to about how you're feeling or to get advice on how to help your friend. Consider talking to:

- FAMILY MEMBER
- TRUSTED FRIEND
- SCHOOL COUNSELOR OR ADVISOR
- TEACHER OR COACH
- FAITH LEADER

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