

# CHANGE DIRECTION OF MENTAL HEALTH

**One in five** people has a diagnosable mental health condition. And even more of us experience emotional suffering for which we don't realize that support is available.

There is an abundance of resources, tools and support that can help ease our struggles. Learn about the five signs of suffering so you can help someone you know—or even yourself—to get help.

The **FIVE SIGNS OF SUFFERING** may indicate that you or someone you know might need help:



**Personality Changes**



**Anger/Anxiety/Agitation/Moodiness**



**Withdrawal**



**Poor Self Care**



**Hopelessness**



## HELP IS AVAILABLE!

If you or someone you care about is struggling, you have options.

- **Talk to someone**— a family member, friend, teacher, colleague or spiritual advisor.
- **Schedule an appointment** with your primary healthcare provider or pediatrician.
- **Reach out and provide support.** Listen. Show compassion and acceptance. Offer willingness to find a solution.
- **Call the National Suicide Prevention Lifeline** at 1-(800) 273-8255 or **text "Home"** to 741741
- **Research** your own local crisis resource and fill in their information here:

**Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

For more information on the 5 Signs of Suffering, visit [ChangeDirection.org](http://ChangeDirection.org)

