

## Know When to Get Help

You can take care of your emotional health just like you can take care of any other health problem. You can take action to help yourself or a friend by knowing when to get help and where to get it. You should get help when you or someone else is:

- 1 **SPENDING MORE TIME ALONE.** Changing friends or spending more time away from family is ok, but avoiding others altogether can be cause for concern.
- 2 **AVOIDING CERTAIN SITUATIONS.** Staying away from activities with food, lots of people, or specific places may be a sign that something is wrong.
- 3 **INCREASING ALCOHOL OR DRUG USE.** Using drugs or drinking is harmful to your health, and can make a mental health challenge worse. Planning activities around using drugs or drinking, needing to use or drink before a party or other activity, or spending more time with others who drink or do drugs are all reasons to get help.
- 4 **SLEEPING ALL THE TIME OR UNABLE TO SLEEP.**
- 5 **ANXIOUS OR AGITATED ALL THE TIME.** Having sudden outbursts of anger or overreacting to normal events may be a signal that help is needed.
- 6 **STRUGGLING IN SCHOOL.** This may include a drop in grades, not being able to finish homework or other assignments, no longer participating in activities once enjoyed, or skipping class regularly.
- 7 **ACTING RECKLESSLY.** Engaging in risky activities such as drinking or using drugs, driving recklessly, and having unprotected sex is harmful and dangerous.
- 8 **FEELING HOPELESS, HELPLESS, OR TRAPPED.**
- 9 **NOT TAKING CARE OF YOURSELF.** Ignoring your nutrition, sleep, exercise, and/or hygiene can be signs of a bigger underlying concern.
- 10 **THINKING OR TALKING ABOUT SUICIDE, DEATH OR DYING.** All thoughts of suicide must be taken seriously. Call the National Suicide Prevention Lifeline, 1-800-273-TALK, to speak to someone about these thoughts.

**Visit [www.braverytips.org](http://www.braverytips.org) for more information on when and where to get help.**