

It's okay to ask for help.

Know the Warning Signs of Mental Illness



DEPRESSION

Feeling sad, withdrawn or unmotivated for more than two weeks.



BEHAVIOR

Drastic changes in behavior, personality or sleeping habits.



SELF-HARM

Making plans to or trying to harm or kill oneself.



LACK OF FOCUS

Extreme difficulty concentrating or staying still.



RISK-TAKING

Out of control, risky behaviors.



INTENSE WORRIES

Intense worries or fears getting in the way of daily activities.



MOOD SWINGS

Severe mood swings causing problems in relationships



FEAR

Sudden, overwhelming fear for no reason, sometimes with a racing heart or fast breathing.



SUBSTANCE USE

Excessive use of drugs or alcohol.



WEIGHT CHANGE

Significant weight loss or gain; throwing up, using laxatives or not eating to lose weight.

Find Support

Helpline Center – www.helplinecenter.org/2-1-1 or dial 211

Northeastern Mental Health Center -
24/7 Crisis Line - 605-225-1010

NAMI Helpline - Find out what support is available in your community: call 1-800-950-NAMI (6264) or email info@nami.org

Crisis Text Line - Connect with a trained crisis counselor 24/7 by texting NAMI to 741-741

National Suicide Prevention Lifeline -
Get immediate help for you or someone you know. 1-800-273-TALK (8255)

Enter organization
resources/HR department
information.

Scan the QR
code for
additional
resources.

