

MY MENTAL HEALTH: DO I NEED HELP?

First, determine how much your symptoms interfere with your daily life.

DO I HAVE MILD SYMPTOM THAT HAVE LASTED FOR LESS THAN 2 WEEKS?



- Feeling a little down
- Feeling down, but able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down but still able to take care of yourself or take care of others

IF SO, HERE ARE SOME SELF- CARE ACTIVITIES THAT CAN HELP

- Exercising
- Engaging in social contact
- Getting adequate and scheduled sleep
- Eating healthy
- Talking to a friend or family member
- Relaxing, meditating, and practicing mindfulness



If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

DO I HAVE SEVERE SYMPTOMS THAT HAVE LASTED 2 WEEKS OR MORE?

- Difficulty sleeping
- Appetite changes
- Struggling to get out of bed in the morning
- Difficulty concentrating
- Loss of interest in enjoyable activities
- Unable to perform usual daily functions
- Thoughts of death or self-harm



IF SO, SEEK PROFESSIONAL HELP:

- Contact your Employee Assistance Program (EAP)
- Psychotherapy (talk therapy)
- Medications
- Brain stimulation therapies



For help finding treatment visit <https://findtreatment.gov/>

If you are in crisis, call or text the 988 Suicide & Crisis Lifeline at 988
or chat at 988lifeline.org

Learn More at www.suicide-stops-here.org

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