

# Know when to **HELP A FRIEND**



## 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- 1 Feeling very sad or withdrawn for more than two weeks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 significant weight loss or gain
- 6 Seeing/hearing/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

## BE A FRIEND

Your friend may feel alone; check in regularly and include your friend in your plans

Avoid saying things like "you'll get over it," "toughen 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

## 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 a:

- |                  |              |
|------------------|--------------|
| FAMILY MEMBER    | TEACHER      |
| TRUSTED FRIEND   | COACH        |
| SCHOOL COUNSELOR | FAITH LEADER |



North Central Health Care

Person centered. Outcome focused.

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## REMEMBER TO

# BE PATIENT, KIND, UNDERSTANDING & PROVIDE HOPE

## START THE CONVERSATION

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

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

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

## OFFER SUPPORT

Would you like me to go with you to a support group or a meeting? Do you need a ride to any of your appointments?

I really want to help, what can I do to help you right now?

Let's sit down together and look for places to get help. I can go with you too.

If you or someone you know are experiencing a medical emergency, are in danger, or are feeling suicidal,

## CALL 911 IMMEDIATELY.