

Who to call & WHEN TO CALL



Sometimes our mental health is within our control, and sometimes we may need help. Navigating our own mind can be tricky. Here are some questions you can ask yourself to help determine if you may need professional help.

Do you have mild symptoms that have lasted for less than two weeks?

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

If so, here are some self care activities that can help:

- Exercising
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation and mindfulness

Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes resulting in unwanted weight change
- Struggling to get out of bed because of mood
- Difficulty concentrating
- Loss of interest in the things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm

If so, seek professional help:

- Psychotherapy (talk therapy)- virtual or in person; individual, group or family
- Medications
- Brain stimulation therapies

Do I have thoughts of death, self harm, or harming others?

If so seek immediate medical attention by calling 911 or the National Suicide Prevention Lifeline at 800-273-TALK (8255)



North Central Health Care
Person centered. Outcome focused.