



PREVENTION
COLLABORATION
COMMUNITY STRENGTHS
ACTION RESEARCH

Often our friends, neighbors, co-workers, and even family members are suffering emotionally and do not recognize the symptoms or will not ask for help.

Here are five signs that may mean someone is in emotional pain and might need help:

If you notice these signs, reach out to the person, be compassionate towards them, and offer to assist them in seeking help from a mental health professional.

PERSONALITY CHANGES

Sudden or gradual changes in the way that someone typically behaves. He/she may behave in ways that do not seem to fit their values.

UNCHARACTERISTICALLY ANGRY, ANXIOUS, AGITATED, OR MOODY

Person has more frequent problems controlling his/her temper and seems irritable or unable to calm down.

WITHDRAWN OR ISOLATE THEMSELVES FROM OTHERS

Someone who is socially engaged pulls away from family and friends; stops taking part in activities he/she used to enjoy. In severe cases, they fail to make it to work or school.

STOP TAKING CARE OF THEMSELVES AND ENGAGE IN RISKY BEHAVIOR

For instance, someone may let his/her personal hygiene deteriorate, may start abusing alcohol or illicit substances, or engaging in other self-destructive behavior.

OVERCOME WITH HOPELESSNESS

If someone who is usually optimistic now cannot find anything to be hopeful about, they may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt.