

Getting the Right Start

STUDENT GUIDE TO MENTAL HEALTH

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- 1 Feeling very sad or withdrawn for more than two weeks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 using laxatives to lose weight; significant weight loss or weight gain
- 6 Seeing, hearing or 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

WORRIED? TELL SOMEONE

- ✓ A FAMILY MEMBER
- ✓ CLOSE FRIEND
- ✓ TEACHER OR PROFESSOR
- ✓ COUNSELOR OR COACH
- ✓ FAITH LEADER



YOU ARE NOT ALONE

1 in 5
youth and young adults lives with a mental health condition



WHAT TO SAY

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?



WHAT TO DO


Getting help early for mental health matters in keeping your life on track.



Your first stop is your primary care doctor, to rule out other physical health conditions



Be honest about what you're feeling and be clear about what you want

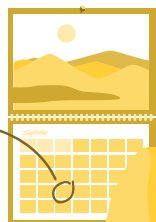


Ask for help finding a therapist or mental health specialist that works for you

KEEP IN MIND

It can take a while to get an appointment with a specialist.

If you need to see a specialist right away, speak up to get an appointment sooner.



CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. You can connect with them at OK2Talk.org. Also, look in your community for peer and support groups and you will discover that you are not alone.

Want to Know How to Help a Friend?

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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?"



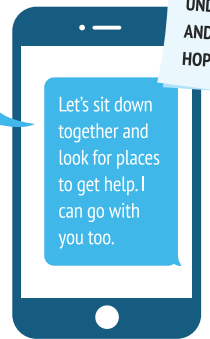
OFFER SUPPORT

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

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?

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

BE PATIENT, UNDERSTANDING AND PROVIDE HOPE.



BE A FRIEND



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



Learn more about mental health conditions



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



TRUSTED FRIEND



SCHOOL COUNSELOR OR ADVISOR



TEACHER OR COACH



FAITH LEADER



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