**MENTAL HEALTH SUPPORT GUIDE**

**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 Feeling very sad or withdrawn for more than two weeks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

**START THE CONVERSATION**

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

“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?”

**OFFER SUPPORT**

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

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?

**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
- CONCERN: EAP
- HR / BENEFITS DEPT
- Faith leader

For immediate counseling support call 800-344-4222

Visit employees.concern-eap.com