### **Understanding Mental Health**



Mental health is an integral aspect of overall well-being, encompassing emotional, psychological, and social factors. Understanding common mental health conditions is essential for recognizing their impact and prevalence in society.



### SIGNS AND SYMPTOMS

Recognizing severe symptoms and warning signs is crucial for early intervention. Common signs include persistent changes in mood, behavior, sleep patterns, appetite, and thoughts of self-harm or suicide. Early recognition can help prevent crises and improve outcomes.



## SUPPORTING YOUR LOVED ONES

Supporting a family member or friend with mental health challenges requires empathy and understanding. Practical guidance includes active listening, offering emotional support, encouraging self-care practices, and facilitating access to professional help when needed.



# WHEN TO SEEK PROFESSIONAL HELP

Identifying signs that indicate the need for professional intervention is vital. If symptoms persist, worsen, or interfere with daily functioning, seeking help from a mental health professional is essential. Early treatment can lead to better management of symptoms and improved well-being.

# REMEMBER, SEEKING HELP IS A SIGN OF STRENGTH, AND SUPPORT IS AVAILABLE FOR THOSE WHO NEED IT.

#### **READY TO GET HELP?**

Below are some trusted organizations and hotlines:

National Alliance on Mental Illness (NAMI): 1-800-950-NAMI (6264)

Substance Abuse and Mental Health Services Administration (SAMHSA): 1-800-662-HELP (4357)

**Crisis Text Line:** Text "HELLO" to 741741 for 24/7 support

**Psychology Today:** Online directory for finding therapists and mental health professionals in your area

#### **ADDITIONAL NOTES:**