

How to recognize Mental Health Needs Warning signs?

Crying for no immediate reason several times per day
You've gained or lost weight without consciously trying to. Increase or decrease in appetite
You just can't concentrate. Your grades may be plummeting because of it.
You feel helpless and hopeless.
Withdrawal and isolation both emotionally and physically
Apathetic – Show no emotion or concern
You constantly feel irritable, sad, or angry
Nothing seems fun anymore, and you just don't see the point of trying
You feel bad about yourself—worthless, guilty for no reason, or just "wrong" in some way
You sleep too much or not enough. Wanting to stay in bed all day
Having difficulties maintaining hygiene
You have frequent, unexplained headaches, stomach aches and pains or other physical problems
State comments like feel like a burden, the world will be a better place without me, I can't do anything right
Feeling trapped, confused, overwhelmed with several emotions
Abusing drugs/alcohol
Giving away belongings
Uncontrollable mood; mood swings

is true, talk to someone right away!)

Ways to minimize risk and suggestions how to keep a home safe and increase protective factors (when needed)

Remove all guns/weapons from the home or keep them locked up (if not possible to remove) making sure safe key and/or combination is not accessible
Secure all medications in the home to include over the counter and prescribed medications. Some over the counter medications can be potentially toxic/lethal
Have your children identify an adult at school and outside of school that they will go to when there is a fear