



Warning Signs & Support



Warning Signs

Problems
concentrating and
learning

Extreme mood
changes, including
uncontrollable “highs”
or feelings of euphoria

Prolonged or strong
feelings of irritability or
anger

Avoiding friends and
social activities

Difficulties
understanding or
relating to other
people

Changes in sleeping
habits or feeling tired
and low energy

Changes in eating
habits such as
increased hunger or
lack of appetite



Warning Signs

Difficulty perceiving reality

Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)

Overuse of substances like alcohol or drugs

Multiple physical ailments without obvious causes

Thinking about suicide

Inability to carry out daily activities or handle daily problems and stress

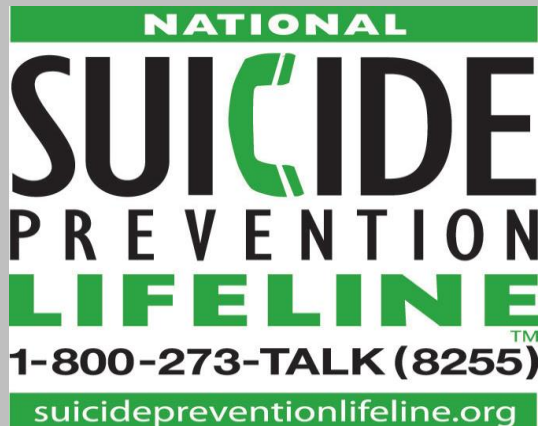
An intense fear of weight gain or concern with appearance



SUPPORT

Get Support

- Eliminate toxic influences.
- Know your status! Take a mental health screening at MHA screening.org
- Think POSITIVE: There's power in positive thinking!
- Seek Help! Confide in someone you trust: parent, faith leader, teacher, school administrator.









Give Support

- Spread messages of hope and love.
- Share informational resources with someone in need. Visit www.bethe1to.com
- Assist the person in getting the help they need.
- Provide a listening ear and validation.



Wellbeing Chart - B

Safe 	Healthy 	Achieving 	Nurtured 	Active 	Respected 	Responsible 	Included 
1. I have a good relationship with my family. I feel safe around them.	6. I try my best to look after my health.	11. I have problems getting out of bed in the morning.	16. I get the support I need from others.	21. I have good social skills.	26. I make my own decisions.	31. I understand different cultures and faiths.	36. I don't know how to access benefits and grants.
2. I have been bullied.	7. I feel isolated.	12. I feel motivated to learn new skills.	17. I'm often told I'm not good enough.	22. I don't have any chances to go on short breaks.	27. I speak up for myself.	32. I stay out of trouble.	37. I cannot participate in certain activities because we cannot afford to pay.
3. I help look after my siblings.	8. I don't talk about my feelings, it's embarrassing.	13. I am worried about the cost of college/university.	18. I cannot talk to my parents, they don't understand.	23. I try new sports during PE lessons.	28. I can voice my own opinions without being judged.	33. I eat healthily.	38. My opinions are taken on board when making decisions affecting me.
4. I've been treated badly.	9. I often play video games for hours with no breaks.	14. I am under huge pressure to achieve good grades.	19. People who matter to me value my views.	24. I don't feel confident enough to join any groups or classes on my own.	29. I get talked over when I try to express my opinion.	34. I don't do my share of housework.	39. I don't feel I am listened to by professionals.
5. I always let my parents know where I go, especially when I stay out late.	10. I can cope with changes.	15. I have been/am at risk of being excluded from school.	20. I don't know where to get the support I need.	25. I walk/cycle to school.	30. I feel ignored when I asked for help.	35. I shy away from doing certain tasks at school/home.	40. I feel part of my community.



Mental Health Resources

24 Hour Crisis Helpline

Hotline: 832.416.1177

TEEN: 832.416.1199 (CALL)

TEEN: 281.201.4430 (TEXT)



24 Hour Crisis Text Line

Text HOME to 741741
to reach a Crisis Counselor

Texas Health and Human Services

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic.

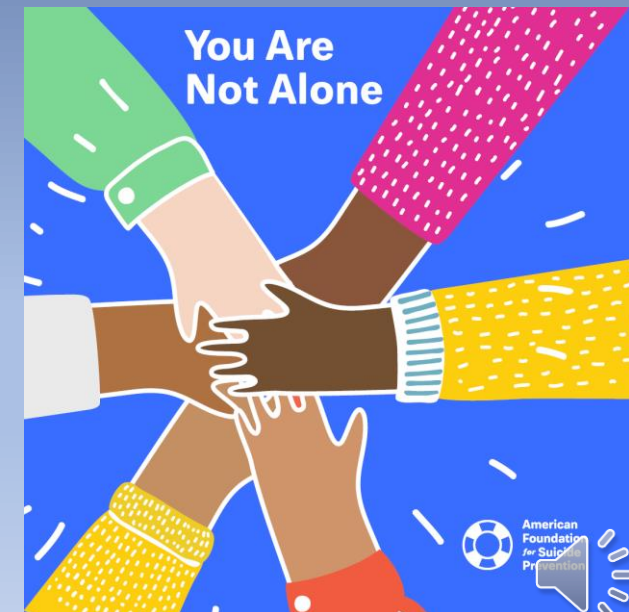
COVID-19 Mental Health Support Line at 833-986-1919.

Suicide Prevention Lifeline



1-800-273-8255

Chat online at
suicidepreventionlifeline.org



A person is shown in silhouette, sitting at a desk in a dimly lit room. A desk lamp with a white shade is turned on, casting a warm glow. In front of the person is an open laptop. The background is dark and out of focus, suggesting a home office or study. The overall mood is one of quiet concentration or perhaps struggle.

— Extreme difficulty
concentrating or
staying still