

# Mental Health



## Warning Signs

- Excessive Irritability / Anger
- Self-Isolating / Withdrawn
- Changes in Appetite / Weight
- Disinterest in Activities
- Trouble Concentrating
- Shift in Mood / Personality
- Neglecting Personal Hygiene
- Low Energy Levels
- Racing Thoughts
- Self-Criticism
- Statements of Suicide / Death

**BEHAVIOR IS  
COMMUNICATION**

## Ways to Respond

- Start the conversation
  - "I've noticed you don't seem like yourself. How can I support you right now?"
- Take time to listen non-judgmentally
  - Actively listen without interrupting.
  - Reapproach if not willing to talk now.
- Validate their feelings
  - "I can see you are\_\_\_\_."
  - "I'm here for you & care about you."
- Express concern & support
  - "Thank you for telling me. Can we work together to get you some help?"

**Always  
Follow  
Up!**



Suicide Hotline (& Text): 9 8 8  
GreatRivers: 2 1 1  
Crisis Line: 6 0 8 - 7 8 4 - 4 3 5 7

**Suicidal statements, comments, and threats should be taken SERIOUSLY.  
Please respond to them.**

**1. Take them aside**

- Listen to them
- Ask directly about their comments

**2. Take it Seriously**

- Keep them safe
- Gather further details in regards to their comment.
- Do they have a plan and access to execute out their plan?

**IF YES →**

**3. Get Them Help!**

- If there is immediate harm, call 988 or 911
- Contact the legal guardians and connect them to professional help

