

## 10 WARNING SIGNS

*That Suggest You or a Friend May Need Help*



1. *Feeling hopeless, sad, depressed or worthless*
2. *Tired all the time*
3. *Stopped taking care of yourself, eating, appearance and self hurting*
4. *Angry all the time, overreacting to situations*
5. *Big changes in eating or sleeping patterns (too much or too little)*
6. *Can't concentrate, struggle making decisions*
7. *Anxious, becoming very impulsive, always moving, excessive fidgeting*
8. *Withdraw physically and emotionally (from friends and activities)*
9. *Chronic pain or physical symptoms with no known cause and medicine does not seem to help*
10. *Thinking or talking about death or suicide, giving away possessions*

**GETTING HELP ISN'T A SIGN OF WEAKNESS,  
BUT ONE OF STRENGTH AND COURAGE!**