

Now more than ever, it's important to look out for your and your friends' mental health. Below are some tips to help ✨



## Recognize the 10 Common Warning Signs

- 1** Feeling very sad or withdrawn for more than 2 weeks
- 2** Seriously trying to harm oneself or making plans to do so
- 3** Severe out-of-control, risk-taking behaviors
- 4** Sudden, overwhelming fear for no apparent reason
- 5** Not eating, fixating on weight loss - significant weight loss or gain

- 6** Seeing, hearing, or believing things that are not real
- 7** Repeatedly using drugs or alcohol
- 8** Drastic changes in mood, behavior, personality, or sleeping habits
- 9** Extreme difficulty in concentrating or staying still
- 10** Intense worries or fears that get in the way of daily activities

## What You Can Do

### SUPPORT A FRIEND



**Share your concerns with them**  
*If the above behaviors have lasted over 2 weeks, it's time to check in.*



**Include them in your social plans**  
*It's important to help your friend feel included and engaged socially.*



**Check in regularly, listen without judgment, and offer support**  
*Being a listening ear is key. Be ready to ask an adult for further support.*

### FIND SUPPORT FOR YOU



**Know you are not alone**  
*1 in 5 live with a mental health condition. They're very common!*



**Talk with someone you trust**  
*Your friends, family, and teachers care, and telling them how you feel can be the first step to feeling better.*



**Seek mental health support**  
*Professionals are available to offer emotional support. Call our HelpLine to learn about resources in Baltimore!*

**Got a question?  
Want to raise awareness at your school?**

Call Our HelpLine (410) 435 - 2600, 9-5, Monday - Friday  
Email [volunteer@namibaltimore.org](mailto:volunteer@namibaltimore.org) with inquiries