

# Mental Health:

## Know When

## To Seek Help



Review the questions below and answer *how often* you are affected by these symptoms and *for what length of time* you have been feeling this way.

Please base your answers on how you have been feeling **over the last two weeks**. Are the symptoms recent or ongoing (e.g., less or more than two weeks)?

### Do You Suffer From These Symptoms?

	Daily	Weekly*	Monthly*
<b>1</b> I feel a little down			
<b>2</b> I have trouble sleeping			
<b>3</b> I am not eating like I used to do			
<b>4</b> I have trouble concentrating			
<b>5</b> I am not doing the things/activities I usually enjoy			
<b>6</b> I sleep a lot more/am unable to get out of bed			
<b>7</b> I find it hard to do my daily tasks			
<b>8</b> I think of harming myself			

\*a few days per week or month

### Next Steps

If symptoms 1-4 above are mild and you have coped with them for *less than 2 weeks*, try to:

- ▶ Exercise more
- ▶ Be more social
- ▶ Go to bed at the same time every night, without electronics
- ▶ Eat more fruits and vegetables
- ▶ Relax

If you have dealt with your symptoms for more than two weeks – **especially symptoms 5-8** – seek professional help immediately.

If you are in crisis and actively thinking about and planning suicide, immediately call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text the Crisis Text Line (text HELLO to 741741).