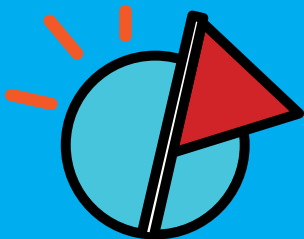


# Red Flags & Signs of Struggling



Someone may be in need of **professional help** when their thoughts, feelings, and/or behaviours become intense, long-lasting (several weeks), and have a big impact on day to day life.

A problem or issue may have become bigger than the usual ups and downs of life if it is having a consistently negative impact on the person's ability to function normally.

## What Mental Health Struggle Looks Like:

Someone who's really struggling will show lasting changes in their thoughts, feelings, and behaviours that are unusual for them. These will often manifest as changes in:

### Things They Do:

- Withdrawing from activities, jobs, social situations, etc.
- Declining performance in school or self care (personal hygiene, abuse of drugs/alcohol, abnormal sleeping or eating patterns).
- Concerning behaviours: aggression, recklessness, anxiousness, self-harm, etc.

### Things They Say:

- "Nothing matters."
- "They'd be better off if I was gone."
- "No one cares."
- Talking about seeing or hearing things that aren't there. (i.e. hallucinations, delusions)

### Ways They Feel:

- Exhibiting feelings of anger, worthlessness, sadness, or other distress.
- Feeling numb, manic, or rapid mood swings between intense emotions.