Mental Health: 10 Common Warning Signs in Teens and Young Adults

1.) Feeling sad or withdrawn for more than 2 weeks
2.) Self-harm and thoughts of suicide
3.) Severe out-of-control, risk-taking behaviors
4.) Sudden overwhelming fear for no reason
5.) No eating, throwing up or using laxatives to lose weight – significant weight loss or weight gain
6.) Seeing, hearing or believing things that are not real
7.) Use of 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

Experiencing mental health symptoms can be scary and confusing. That's why speaking up and asking for help is a sign of strength. It can be hard to know what to say, but start with something like, "I'm not feeling right. I think I need help. Can I talk to you about it?"

Whether you reach out to a parent, coach, teacher, or religious leader, a trusted adult can help you figure out what is next.

Don't forget!
>Surround yourself with family and friends
>Talk to a counselor, social worker, nurse or trusted adult
>Do what you love: reading, sports, writing, nature walks, creating art

How can I help a friend?
>Start the conversation – "I've noticed you haven't been acting like yourself lately. Is something going on?"
>Offer support – "I really want to help, what can I do to help you right now?" "Would you like me to go with you to get help?"
>Be a friend – Check-in, include them in your plans, avoid telling them to get over it, support them, tell your friend there is help out there

Mental Health services and supports are available.
When you or someone you know needs help, The Sioux Rivers Region is here for you.

Crisis Text Line
TEXT HOME to 741741

SAMHSA's National Helpline
1-800-622-4357

Your Life Iowa
1-855-581-8111
Text Line: 1-855-895-8398

Seasons Center
1-844-345-4569

Plains Area Mental Health
1-888-546-0730

Creative Living Center
888-587-2537

Sioux Rivers
Regional Mental Health & Disabilities Services