

# Getting the Right Start

## STUDENT GUIDE TO MENTAL HEALTH

### KNOW THE 10 COMMON WARNING SIGNS



- 1 Feeling very sad or withdrawn for more than two weeks
- 2 Seriously trying to harm or kill oneself or making plans to do so
- 3 Severe out-of-control, risk-taking behaviors
- 4 Sudden, overwhelming fear for no reason
- 5 Not 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 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

### WORRIED? TELL SOMEONE

- ✓ A FAMILY MEMBER
- ✓ CLOSE FRIEND
- ✓ TEACHER OR PROFESSOR
- ✓ COUNSELOR OR COACH
- ✓ FAITH LEADER



YOU ARE NOT ALONE

1 in 5

youth and young adults lives with a mental health condition



### WHAT TO SAY

I haven't felt right lately and I don't know what to do. Can I talk to you about it?

I'm having a really hard time lately, will you go with me to see someone?

I'm worried about stuff that's going on right now, do you have time to talk?



### WHAT TO DO



Getting help early for mental health matters in keeping your life on track.



Your first stop is your primary care doctor, to rule out other physical health conditions



Be honest about what you're feeling and be clear about what you want

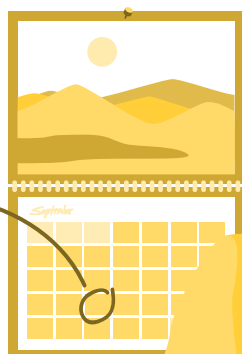


Ask for help finding a therapist or mental health specialist that works for you

### KEEP IN MIND

It can take a while to get an appointment with a specialist.

If you need to see a specialist right away, speak up to get an appointment sooner.



### CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. You can connect with them at [OK2Talk.org](http://OK2Talk.org). Also, look in your community for peer and support groups and you will discover that you are not alone.

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