

I think my loved one is having a hard time. How do I spot the signs?

When facing challenging times, everyone can show different signs. However, if your loved one is experiencing one or more of the common signs below, they may need your support.



Common Signs:



Excessive worrying or fear



Increased fatigue



Body aches without an obvious cause



Loss or increase of appetite



Changes in sleep patterns



Talking about suicide



Misuse of alcohol and or drugs



Social withdrawal



Displaying irrational behavior



Strong mood changes



Difficulty handling daily problems, activities and stress

If you or someone you know is struggling or in crisis, help is available. 988 Suicide and Crisis Lifeline Available 24 Hours. English and Spanish.

Call or text **988** or chat **988lifeline.org**

Sources: National Alliance on Mental Illness, MentalHealth.gov, Substance Abuse and Mental Health Services Administration



Visit **TurnToSupportsTX.org** for more resources and ways to find help.

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