Signs someone might be struggling

It helps to talk about signs that someone might be experiencing mental health concerns.

It can encourage people who are struggling to seek help and also encourage others to offer support and care.

Mental health concerns can begin with small changes in how someone feels, thinks, or acts. If these changes last a long time, it might mean they need support.

> "Reinforce that distress looks different to different people and it is not our role to validate or determine what is distress. If someone is feeling distressed, it's OK to seek support."
>
> **Estela Fuentes**
> **Community broadcaster and Coordinator**
> **Mariposa Trails Cross Cultural Education Project and Suicide Prevention Network**

These signs can be different for everyone, and sometimes they might seem like a normal part of life. But it's important not to ignore them, because some people might not ask for support if they don't think their situation is serious.

Some signs to talk about:

Feeling nervous or scared a lot

Feeling sad or unhappy most of the time

Suddenly getting very upset or angry

Having trouble sleeping or sleeping too much

Eating more or less than usual, or losing/gaining weight

Withdrawing from social connections

Being quiet and not wanting to be around people

Using drugs or alcohol to feel better

Feeling like a bad person or feeling unimportant

Acting differently or having different feelings than usual

What next?

Read through the other topics and considerations for your broadcast and then use the template to write down your ideas.