Change Direction *of* mental health

One in five people has a diagnosable mental health condition. Many more of us experience emotional suffering for which we rarely reach out for support.
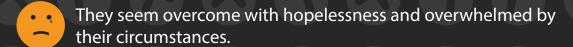
The **FIVE SIGNS OF SUFFERING** may indicate that you or someone you know might need help:

Their personality changes.

They seem uncharacteristically angry, anxious, agitated or moody.

They withdraw or isolate themselves from other people.

They stop taking care of themselves and may engage in risky behavior.

They seem overcome with hopelessness and overwhelmed by their circumstances.

Help is available
If you or someone you care about is struggling…

- **Talk to someone**—a family member, friend, teacher, colleague or pastor.
- **Schedule an appointment** with your primary healthcare provider or pediatrician.
- **Reach out and provide support.** Listen. Show compassion and acceptance. Offer willingness to find a solution.
- **Call Great Rivers 2-1-1.** This free, confidential information and crisis line can link you to the right community resources. Simply dial 2-1-1 or (800) 362-8255 for help 24/7. Or, visit greatrivers211.org.
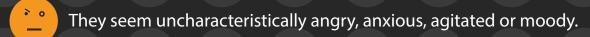
Great Rivers
2-1-1™
Get Connected. Get Answers.
Free, confidential community information, referrals and crisis line services 24 hours a day.
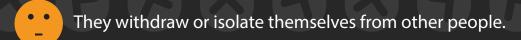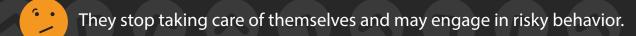
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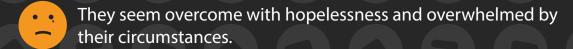
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