

Students – Helping friends and finding hope

Do you know the warning signs of Mental Illness?

- | | |
|--|--|
| 1 Feeling very sad or withdrawn for more than two weeks | 6 Seeing, hearing or believing things that are not real |
| 2 Seriously trying to harm or kill oneself or making plans to do so | 7 Repeatedly using drugs or alcohol |
| 3 Severe out-of-control, risk-taking behaviors | 8 Drastic changes in mood, behavior, personality or sleeping habits |
| 4 Sudden overwhelming fear for no reason | 9 Extreme difficulty in concentrating or staying still |
| 5 Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain | 10 Intense worries or fears that get in the way of daily activities |
-

Whether it is you or a friend NAMI is here to help.

For yourself or your friends – Start a conversation – Offer support – Be a friend –
Reach out for Advice – Learn more

Getting help early or during the first episode offers the best outcomes for young people.

NAMI has resources

You can text “NAMI” to **741741** anonymously

Email NAMI: info@nami.org

Call the **NAMI HelpLine: 800-950-6264**

(Monday–Friday 10:00 a.m.–6:00 p.m. ET)

A Few Common Mental Health Conditions

Panic Disorder	Recurrent panic attacks—an uncontrollable and terrifying response to ordinary, nonthreatening situations.
Bipolar	Chronic illness with recurring episodes of mania and depression that can last from one day to months.
OCD	Obsessions are intrusive, irrational thoughts—unwanted ideas or impulses that repeatedly appear in a person's mind
Depression	Emotional and biological disease that affects one's thoughts, feelings, behavior, mood and physical health.
Eating Disorders	Binge Eating - Anorexia Nervosa - Bulimia Nervosa

More info on each condition are found on separate pamphlets. “