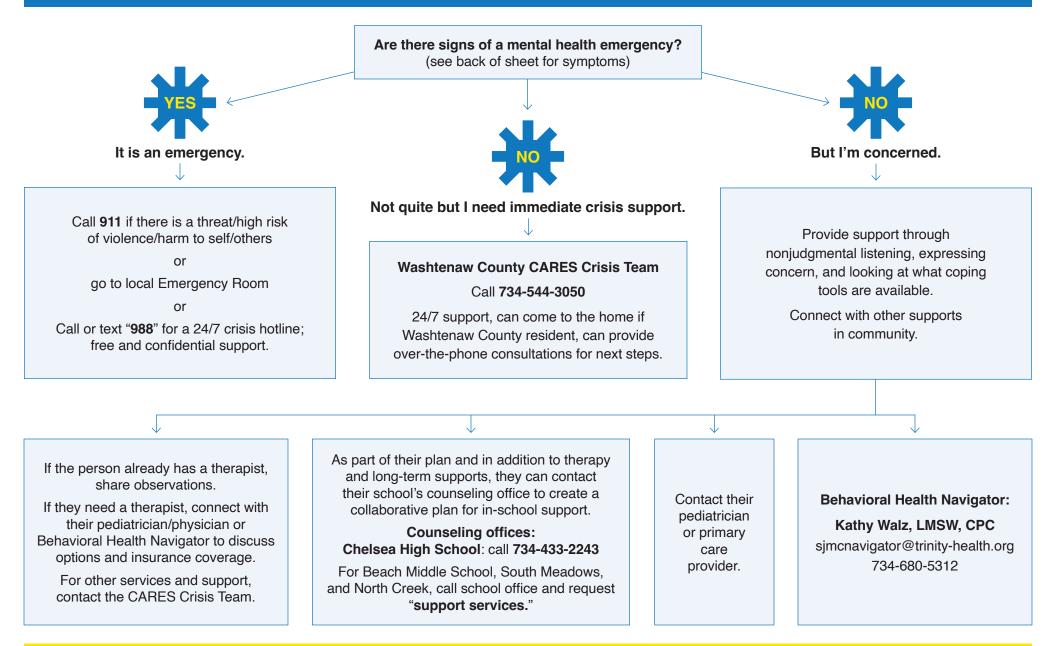
Peer Mental Health Support Guide

*****srsly

I think they need support but I'm not sure where to start.



See other side of page for more details and symptoms.



What is mental health?

A person's emotional, psychological, and social well-being. (U.S. Department of Health & Human Services)

Symptoms of a Mental Health Challenge

A mental health condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Below are symptoms and situations of a mental health challenge:

Has the person been experiencing any of the below symptoms for 2+ weeks or more days than not? If yes, see other side of page for steps to take:

- Has their hygiene declined?
- Have there been any significant changes in eating or appetite?
- Are they uninterested in their hobbies?
- Have they been talking more about feeling worried, stressed or anxious?
- Are they unusually irritable or angry?
- Are they saying more often that they feel sad or hopeless?
- Have you suspected they were intoxicated or high?
- Have you found items suggestive to substance use or abuse?
- Have they abruptly changed peer groups?
- Are they extremely fatigued?
- Has their sleep changed?
- Are they withdrawing from family and friends?

Sometimes situations can lead to mental health challenges. Here are a few examples to watch for. If the person has recently experienced one of these situations, check in with them. If you feel they need additional support, see other side of page for steps to take.

- Are you aware of any big stressors in their life?
- Have there been any recent frightening or life-threatening situations?
- Has there been any significant change in family, like death or divorce?
- Have they experienced any recent losses in relationships or friendships?
- Have they had a recent severe sports injury that prevents them from playing or performing academically?

Symptoms of a Mental Health Emergency

Mental Health Emergencies should be immediately addressed and may manifest as threats of violence or harm to themselves and others, or extreme unusual behavior including:

May Hurt Self...

- Talking in person or online of hurting self
- Researching ways to hurt self and preparing to do so (such as writing a note)
- Serious self injury
- Wishing they could go to sleep and not wake up
- Saying they want to kill themselves

May Hurt Others...

- Saying in person or online that they want to kill or hurt others
- Trying to secure weapons
- Hurting animals
- Violence towards others
- Destroying property

Unusual changes in behavior...

- Hallucinations
- Losing touch with reality
- Paranoia
- Not making sense
- Becoming paranoid
- Severe Intoxication

See other side of page for steps to take in seeking appropriate support for mental health challenges and emergencies.

*Cited Sources: NAMI, SAMHSA, NIMH, Mott's, CDC, AACAP, DHHS