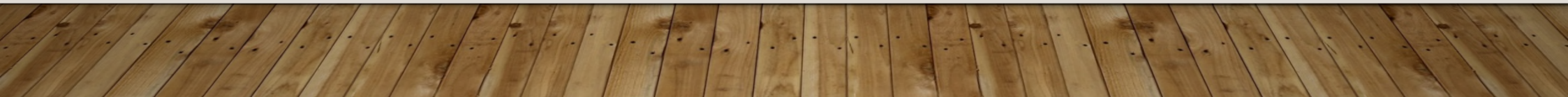


Mental Health Awareness Month: Signs & Symptoms



What is a Mental Illness?

A Mental Health condition that has a negative effect on the way an individual...



Thinks...



Feels...



Behaves...

Signs & Symptoms of a Mental Problems



Problems falling/staying asleep



Extreme mood changes of highs/lows



Isolating from others



Excessive worries/Fears



Suicidal thinking



Significant tiredness/ Low Energy

Why should we be aware of signs & symptoms?

- Mental health problems are common
- Not always visible to the naked eye
- The individual might not be informed
- Reduce stigma around Mental Health
- We can offer support and encourage professional help.



What can we do to help?

- Encourage individual to seek professional help
- Assist with scheduling appointments, if individual is unable to
- Offer consistent emotional support
- Acknowledge the limits of what you can do



We CAN NOT...

Why?

- Only licensed mental health professionals can diagnose an individual with a mental health diagnosis



We should focus on...

- The symptoms the individual is displaying
- Providing relevant information
- Encouraging the individual to seek professional help

Resources

- National Suicide Prevention Hotline
 - **1 800 273 8255**
 - Available 24hrs/ Day
 - Languages: Spanish & English

- Crisis Text Line
 - Text **HOME** to **741741**
 - Available 24hrs/ Day



- San Benito County Behavioral Health
 - **831 636 4020**
 - Monday- Friday 8am-5pm
 - Languages: Spanish & English

- Hollister Police Department
 - Non-Emergency Number
 - **831 636 4331**