

## How to Know When You Need Help

Everyone has hard days. Feeling sad, stressed, or overwhelmed sometimes is normal. But if these feelings last a long time or start to affect your daily life, it may be time to ask for help. Reaching out is a strong and healthy step.

### Signs You May Need Extra Support

You might need help if you notice:

- Feeling sad, hopeless, or empty most days
- Losing interest in things you usually enjoy
- Feeling very anxious, worried, or on edge
- Trouble sleeping or sleeping too much
- Changes in appetite or energy
- Feeling angry, irritated, or overwhelmed often
- Trouble focusing at work, school, or home
- Pulling away from friends, family, or activities
- Using alcohol or substances to cope
- Having thoughts about hurting yourself or feeling like life is too hard

If these feelings last two weeks or longer, or if they are making daily life difficult, it may be time to talk to someone.

### Who You Can Talk To

You do not have to handle everything alone. Talking to someone you trust can help. You might reach out to:

- A trusted friend or family member
- A counselor or therapist
- Your doctor or healthcare provider
- A teacher, school counselor, or mentor
- A faith leader or community leader

#### **Wyandot Behavioral Health Network**

Website: <https://www.wyandotbhn.org/> | Phone: 913-328-4600

**In Crisis?** Call or text 988 (Suicide & Crisis Lifeline) or call 913-788-4200



Mental health professionals are trained to listen without judgment and help you find ways to feel better.

### **If You Need Immediate Help**

If you or someone you know is in crisis or thinking about self-harm, help is available right away.

- Call or text **988** to reach the **988 Suicide & Crisis Lifeline**
- Call **911** if you are in immediate danger
- Go to the nearest emergency room

These services are **free, confidential, and available 24/7.**

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