

Mental Health Warning Signs

Knowing when to pause, check in, and reach out.

Mental health challenges don't always look the same for everyone. Warning signs can show up gradually or suddenly and noticing them early can make a real difference. Experiencing one or more of these signs doesn't mean something is "wrong," it means support may be helpful.

Emotional Warning Signs

You may notice:

- Feeling sad empty, or hopeless most days.
- Increased irritability, anger, or mood swings.
- Feeling overwhelmed, numb, or disconnected.
- Excessive worry, fear, or panic.
- Loss of interest in things you once enjoyed.

Behavioral Warning Signs

You may notice:

- Withdrawing from friends, family, or activities.
- Changes in sleep (sleeping too much or too little).
- Changes in appetite or eating habits.
- Difficulty completing daily tasks.
- Increased use of alcohol or substances.
- Avoiding responsibilities or commitments.

Physical Warning Signs

Mental health can affect the body. You may notice:

- Constant fatigue or low energy.
- Headaches, stomach aches, or unexplained pain.
- Changes in weight.
- Trouble concentrating or remembering things.
- Feeling restless or constantly tense.

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

When to Reach Out for Help

Consider reaching out if:

- Symptoms last more than two weeks.
- Feelings interfere with work, school, or relationships.
- You feel stuck, overwhelmed, or unable to cope.
- Others express concern about your well-being.

You don't have to wait for things to feel "bad enough" to ask for help.

How to Support Yourself or Someone Else

- Check in with yourself or a trusted person.
- Talk openly without judgment.
- Encourage professional support.
- Offer presence, not pressure.
- Remind them or yourself that help is always available.

Crisis Support Resources

If you or someone you know is in immediate danger:

988 Suicide & Crisis Lifeline

Call or text 988

Chat at 988lifeline.org

Available 24/7. Free. Confidential.

If you are in immediate danger, call 911.