

# ON THE ROAD TO LIVING WELL

## GETTING THE RIGHT START!

If you're worried about your mental health, don't wait. When traveling this road, getting started can be the hardest part. Here is guidance to help you along the way.

### The first step is knowing the 10 COMMON WARNING SIGNS:



Feeling very sad or withdrawn for more than two weeks



Seeing, hearing or believing things that are not real



Seriously trying to harm or kill oneself or making plans to do so



Repeated use of drugs or alcohol



Severe out-of-control, risk-taking behaviors



Drastic changes in mood, behavior, personality or sleeping habits



Sudden overwhelming fear for no reason



Extreme difficulty in concentrating or staying still



Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain



Intense worries or fears that get in the way of daily activities

### IF THIS IS HAPPENING TO YOU, TELL SOMEONE YOU TRUST:

- Family
- Close friend
- Teacher or Professor
- Coach
- Faith Leader

**YOU ARE NOT ALONE:**  
1 in 5 youth and young adults lives with a mental health condition.

### WHAT TO SAY:

- "I haven't felt right lately and I don't know what to do. Can I talk to you about it?"
- "I'm having trouble staying motivated in school. I think I need help."
- "I haven't been feeling right lately. I want to talk to someone about it."
- "I'm going to share something that you may not understand, but please listen and stick with me."

Like any other health condition, getting help early for a mental health condition leads to better results.

SUCCESS LANE



## SEEK HELP:

- 1st stop is your primary care doctor to rule out other physical health conditions.
- Be honest about what you're feeling and be clear about what you want.
- The best results will come from developing a treatment plan that works for you.

SPEAK UP

SEEK HELP

DON'T WAIT

## ROADBLOCK!

It can take a while to get an appointment with a specialist. You know best if you need to see someone immediately. If so, speak up about your need to schedule an appointment right away.



## CONNECT WITH OTHERS

Lots of youth and young adults live with a mental health condition. Share your story and see what they are sharing at [OK2Talk.org](http://OK2Talk.org). You may experience bumps in the road but know that you too can achieve greatness like so many others living with mental health conditions.

Learn more at [www.nami.org](http://www.nami.org), [www.nimh.nih.gov/](http://www.nimh.nih.gov/) and [www.mentalhealth.gov](http://www.mentalhealth.gov).

And no matter what, stay connected to family and friends.

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