



Know the Signs:

On The Lookout For Serious Mental Health Concerns

A Resource For Black/African Ancestry Communities

- 1. Do you find that you care less about how you look?**
You may have a **sudden decline in how you look**, caring far less about your appearance.
- 2. Do you just want everyone to leave you alone?**
You may be beginning to **break off or separate from family or friends** and activities you usually engaged in.
- 3. Do you see or hear what I see or hear?**
This may involve **hearing unfamiliar voices or seeing things that others are not**.
- 4. Is your mind playing tricks on you?**
This may cause you to **feel confused or have scrambled thoughts that do not make sense** to you or others around you.
- 5. Are you uneasy with others?**
You may feel **suspicious and uneasy with others for no explained reason** or believe that they are out to harm you.
- 6. Are you just not feeling it or feeling too much?**
You may feel a **loss of emotions or feel all of your emotions too strongly**.
- 7. Have you thought of or engaged in self-harm or just don't want to be around anymore?**
If so, this is a sign that requires immediate attention, so **talk right away with a trusted person**, don't wait, seek help.

Don't Go it Alone

We can all have a bad day, it's when a bad day turns into bad weeks that it's time to act. If you or someone you know is experiencing any of the signs included above, reach out to someone you trust.

- ▶ If you or someone you know is in crisis, call or text 988. The 988 Suicide & Crisis Lifeline provides a 24-hour confidential connection with a trained crisis counselor.
- ▶ NAMI's helpline offers information on finding a mental health professional and more. Connect with the Helpline by calling 800-950-NAMI (6242), text "HelpLine" to 62640 or email us at helpline@nami.org, Monday – Friday, 10 a.m. to 10 p.m. ET.



By knowing the signs, we can support people in getting help early. Together we can reduce mental health crises with a shared sense of urgency through our **CRISIS CAN'T WAIT** Campaign. Join us by learning more about this campaign and NAMI's Community Health Equity Alliance initiative, created to improve access to care for people experiencing serious mental health conditions in Black/African Ancestry communities, visit chea.nami.org.

