

Is Everything Okay? And, What if it's Not?

Many children, teens and adults experience mental health challenges. Some are not serious. Others may be signs of serious mental illness. Mental illness can be treated. Living a healthy, positive life with mental illness is possible. Early detection matters.



What to Look for

Everybody experiences mental health issues in different ways. Some common signs of distress may be: not acting like they normally do, a loss of interest in the things they used to enjoy, talking about feelings of hopelessness, being more reckless, or isolating from family and friends.



What to Do for You

It's OK to feel overwhelmed. Most people struggle to cope at some point in their life. Give yourself some time to understand what you're going through. Write down your experiences. Talk to someone who can listen without judgment. If you ever feel so bad that you think of harming yourself, call [1-800-969-4357](tel:1-800-969-4357).



What to Do for Others

When someone you know is overwhelmed it is best to just listen. Try to understand before you attempt to help them solve their problems. Make sure they feel heard. Sometimes that's enough to make them feel better. If anyone you know ever feels so bad that they are thinking of hurting themselves, call [1-800-969-4357](tel:1-800-969-4357).

Psychosis is a brain-based condition that is made better or worse by factors like drug use and stress. Children and youth who experience psychosis often say "something is not quite right" or can't tell if something is real or not real.

In a Mental Health Crisis

For Police or
Medical Emergency
Call 911

For in-person evaluation at your home:
If under 18, call: [1-800-969-HELP \(4357\)](tel:1-800-969-HELP)

If over 18, call: [1-800-652-2929](tel:1-800-652-2929) in New Castle
[1-800-345-6785](tel:1-800-345-6785) in Kent/Sussex

For anonymous conversation:
Text: [DE to 741741](tel:DE-741741) Crisis Text Line

Call: [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)
to National Suicide Prevention Lifeline

There are many paths to mental health and wellness. And there are many Delaware mental health services that can help people. Learn more about mental health at every age by visiting:

mentalhealthde.com

