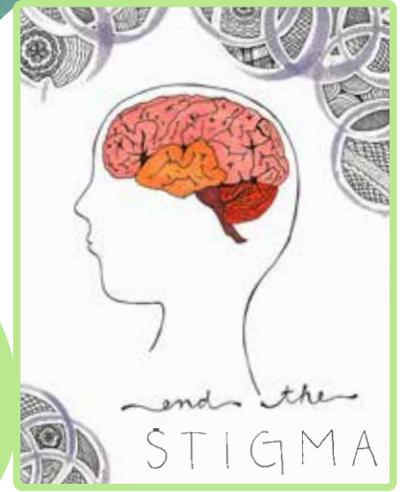


# Most of Us Will Need Help Sometime in Our Life

Can you believe that any given time, 1 in 5 of us are living with a mental health challenge? Take time to learn the facts about mental health, how to courageously overcome a mental health issue, and how to be a better friend and community member.



Artwork by Kary Santayana

## What to Know

Teens are more likely to develop mental health conditions because of the many brain and body changes in adolescence. The signs of mental illness can be caught early and serious consequences can be avoided. The first step to wellness is finding the courage to ask for help!

Mental health conditions happen when we ignore troubling feelings, behaviors, and thoughts for too long. The consequences can be failure in school, loss of friendships, or trouble with our parents. If we learn what early signs look like, we can stop ourselves from having serious problems. Even if you have missed early signs, it's never too late to begin your journey of healing.

## What to Look for

Know the early signs of mental health challenges. You may feel moody or afraid for no reason. You may isolate yourself from others or try to escape dealing with stress through drug and alcohol use. Gaining or losing weight, several weeks of feeling sad or withdrawn, failing in school, and difficulty concentrating are important warning signs, too.

## What to Do for You

Talk to an adult you trust, such as a parent or counselor at school. If talking is difficult send a text or email. Ask to see a therapist. If you are 14 years or older in Delaware, you can see a therapist without a parent signature. Before your appointment, make a list of the challenging thoughts, feelings, and behaviors that you are experiencing. If you are thinking of harming yourself, call 1-800-969-HELP

## What to Do for Others

You don't need to fix what's wrong. Instead, ask how they are doing and listen. Share what you have observed about them that concerns you and keep listening. If you are still worried, recommend talking to a responsible adult or counselor. Reserve judgments about other people, as you may not be fully in the know about their circumstances. See the other side of this flyer about putting an end to stigma.

## 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)

If over 18, call: 1-800-652-2929 in New Castle  
1-800-345-6785 in Kent/Sussex

For anonymous conversation:  
Text: DE to 741741 Crisis Text Line

Call: 1-800-273-TALK (8255)  
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](http://mentalhealthde.com)

