

Know the signs of a crisis.

Mental health and substance use disorder awareness.

According to the *National Alliance on Mental Illness*, common warning signs can include:

Mental health

- An inability to handle basic daily tasks like personal care
- Rapid mood swings that seem to come out of nowhere
- Harming self or others
- Extreme isolating behavior
- Paranoia

Substance use disorder

- Withdrawal from friends and family
- Sudden changes in behavior
- Engaging in risky behaviors
- Developing a high tolerance and withdrawal symptoms
- Feeling like you need a drug to be able to function

If you're concerned about a friend, family member or coworker it's important to reach out.

- Talk with them in a supportive, non-judgmental way.
- Encourage them to get help from a licensed behavioral health provider.
- If there is an immediate crisis, call the Suicide and Crisis Lifeline at **988** or **800-273-8255**.

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