

**1 in 5 adults
experiences mental illness
in any given year, and 1 in 20
have a serious mental illness.**

Know the **signs** of a mental health crisis.

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

- An inability to handle basic daily tasks like personal care
- Rapid mood swings that seem to come out of nowhere
- Agitation, which could include violent behavior
- Harming self or others
- Suicidal or homicidal thoughts or behaviors
- Extreme isolating behavior
- Losing touch with reality
- Paranoia

If you're concerned that a friend, family member or coworker is experiencing a mental health crisis, 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 you think they're at risk for suicide, call the National Suicide Prevention Lifeline at **800-273-TALK**.

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