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Destigmatizing Mental Health

Nearly one in every 10 people, or 792 million people worldwide, has a diagnosable mental health condition. Often our friends, co-workers, neighbors and family members are suffering emotionally and don't recognize the symptoms or won't ask for help. And sometimes we're the ones who are suffering and won't admit it.

By talking openly about mental health we can start to break down the stigma surrounding illness and help those who need help to get it. If you fear someone you know is suffering, the following signs may help you decide whether you need to have a talk with them:

Their personality changes. You may notice sudden or gradual changes in behavior.

They seem uncharacteristically angry, anxious, agitated or moody. You may notice more frequent problems controlling their temper or that they seem irritable or unable to calm down.

They withdraw or isolate themselves from other people. Someone who used to be socially engaged may pull away from family and friends.

They stop taking care of themselves and may engage in risky behavior. You may notice a change in the level of personal care or an act of poor judgment on his or her part.

They seem overcome with hopelessness and overwhelmed by their circumstances. That person may be suffering from extreme or prolonged grief, or feelings of worthlessness or guilt.

Here when you need us.

Call: 877-527-4742 TTY: 800.697.0353

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