



# The Brain Is a Body Part Too

Check In on Your Mental Health

## ..... Know When To Get Help .....

- Persistent sad or irritable mood
- Loss of interest in activities once enjoyed
- Change in appetite or body weight
- Difficulty sleeping or oversleeping
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentrating or making decisions
- Recurrent thoughts of death or suicide
- Impulsive, irrational, or unusual behavior
- Distorted perception of reality

## ..... Take the Next Steps .....

### You're Not Alone

Speaking up about mental illness can be difficult, but it can also be the first step in getting the problem under control. Recognize that seeking help shows personal strength and can make a big difference.

### Tell Someone

If you or someone you know may be exhibiting symptoms of depression or another form of mental illness, it's important to let a trusted adult such as a parent, teacher, or guardian know.

### Get Treatment

Depending on the nature of symptoms, a range of mental health treatments are available including various therapies and medications. A trusted adult can help you access appropriate care.