



# The Brain Is a Body Part Too

Check In on Your Mental Health

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

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