

Five Signs of Suffering



Their personality changes

Sudden or gradual changes in the way someone typically behaves



Uncharacteristic anger, anxiety, or agitation

Frequent problems controlling his or her temper and the inability to calm down



Withdrawn and isolated

Pulls away from family and friends and no longer enjoys usual activities



Personal hygiene neglect

Changes personal care habits or begins participating in risky behaviors



Prolonged hopelessness

Loses optimism and expresses hopelessness about most life situations

Nearly one in every five people, or 42.5 million American adults, has a diagnosable mental health condition. Half of all lifetime cases of mental disorders begin by age 14. Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help.

IF YOU RECOGNIZE THAT SOMEONE IN YOUR LIFE IS SUFFERING, NOW WHAT?

You connect, you reach out, you inspire hope, and you offer help. Show compassion and caring and a willingness to find a solution when the person may not have the will or drive to help themselves. There are many resources in our communities. It may take more than one offer, and you may need to reach out to others who share your concern about the person who is suffering.

If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

24/7 Support Hotline, 330-434-9144



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