

## When more support is needed

Sudden overwhelming fear or intense worry that get in the way of daily tasks

Feeling very sad or withdrawn for more than 2 weeks

Significant weight loss or weight gain

Severe out of control, risk taking behaviors that can cause harm to self or others

Repeated use of drugs or alcohol

Seriously trying to plan or attempt to harm or kill oneself

Severe mood swings that cause relationship problems

Drastic changes in behavior, personality, sleeping habits, or ability to concentrate