

VIBE CHECK = BE A GOOD FRIEND

10 Warning *Signs & Clues*

**NOTICE A PEER'S SILENT SIGNALS &
SHARE HOPE WITH THEM...**

- 1) Feeling very sad or withdrawn for more than 2 weeks
- 2) Trying to harm or kill oneself or making plans to
- 3) Severe out-of-control, risk-taking behaviors
- 4) Sudden overwhelming fear for no reason
- 5) Not eating, throwing up, or binge eating; significant weight fluctuation
- 6) Seeing, hearing or believing things that are not real
- 7) Repeatedly using drugs or alcohol
- 8) Drastic changes in mood, behavior, personality or sleeping habits
- 9) Extreme difficulty in concentrating or staying still
- 10) Intense worries or fears that affect daily activities



Maine

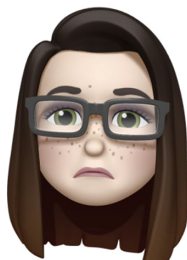


Help a Friend

START THE CONVERSATION

"It worries me when you say stuff like this. Let's find you some resources and talk to a trusted adult about it."

"Tell me more about what's happening. Maybe if I understand better, we can find a solution together."



OFFER SUPPORT

"Would you like me to go with you to a support group or a meeting?"

"I really want to help, what can I do to help you right now?"

"Let's sit together & look for places to get help. I can go with you."



BE A BESTIE

Learn more about mental health resources with NAMI Maine's Support

Reassure your friend that they won't feel this way forever.

Be a connector to help. Bring in a trusted adult.



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Teen Text (207) 515-8398

Crisis? Call/Text 988

@NAMIMaine

