

WHEN TO GET HELP:

IS IT JUST A BAD DAY?

Only moods are affected

Normal reaction to life circumstances

Symptoms are temporary

No suicidal thoughts

Requires a good listener/time to heal

Talk it out with a friend or loved one. Bad days happen, and better days come.

OR IS IT A **MENTAL ILLNESS?**



Is diagnosable and treatable

Moods, thoughts, relationships, daily functioning are affected

Symptoms persist despite changing circumstances

Can be fatal (suicidal thoughts)

Requires specific treatment, usually a combination of therapy and medication

Reach out today to get the help you deserve.



Talk to someone today by texting the Crisis Text Line at 741-741

PLEASE
LIVE
.ORG