



"FIND THE WORDS – HAVE THE CONVERSATION"

Parents should be having continual open and honest discussions with their children about life issues

SIGNS AND SYMPTOMS OF MENTAL HEALTH CONCERNS

Increased, newly initiated or excessive alcohol or drug use

Talking about wanting to die or suicide

Uncontrolled anger

**Changes in Behavior – Reckless, Grades Drop
Changes in sleep**

Feeling hopeless, desperate, trapped

No sense of purpose

Talking about being a burden to others

Withdrawal, feeling disconnected

Sudden mood changes

Anxiety or agitation

Giving away possessions

Putting affairs in order

Accessing lethal means (medications, firearms)

FOR HELP WITH LIFELINE SERVICES:

**In CT, call 211, call or text 988,
or chat 988lifeline.org**