

CHECK YOUR EMOTIONAL WELL BEING



SYMPTOMS MAY INCLUDE:

- Eating or sleeping too much or too little
- Anger, feeling edgy or lashing out at others
- Overwhelming sadness
- Pulling away from people and things
- Not connecting with others
- Lack of energy or always feeling tired
- Feeling like you have to keep busy
- Having unexplained aches and pains, such as constant stomach-aches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking, or using drugs, including prescription medications
- Worrying a lot of the time; feeling guilty but not sure why
- Thinking of hurting or killing yourself or someone else
- Having difficulty re-adjusting to home or work life



RISK FACTORS

Past Suicide Attempt
Stressful life event Mental Health Illness
A sense of failure
Feelings of isolation
Bullying
Lack of Support System



REACH OUT FOR HELP YOU ARE NOT ALONE!!!

Suicide/ Crisis Line	988
CA Youth Crisis Line	800-843-5200
Your Life, Your Voice	800-448-3000
Centralized Assessment Team	714-517-6353

