



North Texas



24/7 Crisis Text Line

Text "NAMI" to 741-741

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Some warning signs

- ◆ Feeling very sad or withdrawn for more than 2 weeks
- ◆ Out-of-control or high-risk behaviors
- ◆ Sudden overwhelming fear for no reason, racing heart
- ◆ Mood swings that cause problems in relationships
- ◆ Noticeable changes in behavior, personality or sleep
- ◆ Difficulty concentrating or staying still
- ◆ Intense worries or fears that disrupt daily functioning
- ◆ Any involvement in bullying (bully or victim)
- ◆ Struggling with sexuality or gender identity issues
- ◆ Preoccupation with food, weight, or exercise
- ◆ Excessive use of alcohol or drugs
- ◆ Self-harming behaviors (cutting, burning, self-mutilation)

Free Mental Health Resources

www.NAMINorthTexas.org

