

**Warning Signs of Mental Illness can include:**

- Feeling sad or withdrawn for more than 2 weeks.
- Severe out-of-control, risk-taking behaviors.
- Sudden overwhelming fear for no reason.
- Severe mood swings that cause problems in relationships.
- Drastic changes in behavior, personality or sleeping habits.
- Extreme difficulty concentrating or staying still.
- Intense worries or fears.
- Trying to harm or kill oneself or making plans to do so.
- Not eating, throwing up or using laxatives to lose weight.
- Repeated use of alcohol or drugs.

**IF YOU NOTICE THESE WARNING SIGNS, TALK TO A TRUSTED ADULT.**



**Ending  
the Silence**



**A Mental Health Awareness  
Program for Youth**

[www.nami.org](http://www.nami.org)  
[www.strengthofus.org](http://www.strengthofus.org)  
[www.ReachOutHere.com](http://www.ReachOutHere.com)  
[www.OK2TALK.org](http://www.OK2TALK.org)  
[www.HalfOfUs.com](http://www.HalfOfUs.com)  
[www.teenshealth.org](http://www.teenshealth.org)  
[www.eachmindmatters.org](http://www.eachmindmatters.org)  
[www.suicideispreventable.org](http://www.suicideispreventable.org)



**Teen Line**, open 8 p.m.–12 a.m. CT  
310-855-HOPE (4673) OR text "TEEN"  
to 839863 (7:30–11:30 p.m. CT)

**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)

**NAMI Austin**  
PO Box 302398  
Austin, TX 78703  
512-420-9810  
[info@namiaustin.org](mailto:info@namiaustin.org)  
[www.namiaustin.org](http://www.namiaustin.org)