



# MENTAL HEALTH CONCERNS:

## WHAT TO LOOK FOR

Part of being a friend and brother is looking out for one another. Here are some signs to look for when you suspect someone is struggling.

## SIGNS OF SUBSTANCE USE DISORDERS

Substance use disorders can refer to substance use or substance dependence. Symptoms of substance use disorders may include:

- ✦ Behavioral changes, such as:
  - ✦ Drop in attendance and performance at work or school
  - ✦ Frequently getting into trouble (fights, accidents, illegal activities)
  - ✦ Using substances in physically hazardous situations such as while driving or operating a machine
  - ✦ Engaging in secretive or suspicious behaviors
  - ✦ Changes in appetite or sleep patterns
  - ✦ Unexplained change in personality or attitude
  - ✦ Sudden mood swings, irritability, or angry outbursts
  - ✦ Periods of unusual hyperactivity, agitation, or giddiness
  - ✦ Lack of motivation
  - ✦ Appearing fearful, anxious or paranoid with no reason
- ✦ Physical changes, such as:
  - ✦ Bloodshot eyes and abnormally sized pupils
  - ✦ Sudden weight loss or weight gain
  - ✦ Deterioration of physical appearance
  - ✦ Unusual smells on breath, body or clothing
  - ✦ Tremors, slurred speech or impaired coordination
- ✦ Social changes, such as:
  - ✦ Sudden change in friends, favorite hangouts and hobbies
  - ✦ Legal problems related to substance use
  - ✦ Unexplained need for money or financial problems
  - ✦ Using substances even though it causes problems in relationships

## WARNING SIGNS OF SUICIDE

If someone you know shows one or more of the following behaviors, he or she may be thinking about suicide. Don't ignore these warning signs. Get help immediately.

- ✦ Talking about wanting to die or to kill oneself
- ✦ Looking for a way to kill oneself
- ✦ Talking about feeling hopeless or having no reason to live
- ✦ Talking about feeling trapped or in unbearable pain
- ✦ Talking about being a burden to others
- ✦ Increasing the use of alcohol or drugs
- ✦ Acting anxious or agitated; behaving recklessly
- ✦ Sleeping too little or too much
- ✦ Withdrawing or feeling isolated
- ✦ Showing rage or talking about seeking revenge
- ✦ Displaying extreme mood swings

## SIGNS OF DEPRESSION

Depression is a disorder of the brain. Symptoms of depression are ones that persist and interfere with everyday life. Symptoms can include:

- ✦ Sadness
- ✦ Loss of interest or pleasure in activities you used to enjoy
- ✦ Change in weight
- ✦ Difficulty sleeping or oversleeping
- ✦ Energy loss
- ✦ Feelings of worthlessness
- ✦ Thoughts of death or suicide