

# Mental Health Matters

to:

**STUDENTS**

## KNOW THE SIGNS

- Feeling sad or withdrawn for more than 2 weeks
- Severe out-of-control risk taking behaviors
- Sudden overwhelming fear for no reason
- Significant weight loss or gain
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty in concentrating or staying still
- Intense worries or fears that get in the way of daily activities

## TELL SOMEONE

- A family member
- A close friend
- Teacher or professor
- Counselor or coach
- Faith leader

## WHAT TO SAY

- Start the conversation:  
"It worries me to hear you talking like this. Let's talk to someone about it"  
"I've noticed you haven't been acting like yourself. Is something going on?"  
"I noticed you're sleeping more and not eating. Is everything ok?"  
Avoid saying things like "you'll get over it," "toughen up," or "you're fine"

## BE A FRIEND

- Your friend may feel alone; check in regularly and include them in your plans
- Learn more about mental health conditions
- Consider reaching out to someone to get advice on helping your friend
- Tell your friend it gets better; help and support are out there and it will not change the way you feel about them



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PSYCHOLOGICAL ASSOCIATION

Contact NJPA to locate a psychologist in your area:



Phone: 973-243-9800



Website: [www.psychologynj.org](http://www.psychologynj.org)

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