

# My Mental Health: Do I Need Help?

Take a moment to consider how your symptoms impact your daily life.

## Have you had mild symptoms for less than 2 weeks?

- Feeling sad, stressed, or worried but still able to care for yourself and others
- Feeling tired or low energy but still able to complete your tasks and activities
- Feeling less interested in things you typically enjoy
- Having some trouble sleeping



## These activities may help you feel better:

- Regularly exercising, eating healthy, and getting 7–9 hours of sleep
- Spending time with loved ones
- Practicing meditation or breathing exercises
- Making time for low-stress activities you enjoy
- Volunteering to help others



**If these activities do not help or symptoms worsen, talk to a health care provider.**

## Have you had severe symptoms for 2 weeks or more?

- Feeling sad, tearful, or hopeless
- Feeling irritable or frustrated
- Feeling worthless or guilty
- Feeling tired or low energy
- Losing interest in things you typically enjoy
- Difficulty concentrating or making simple decisions
- Trouble completing your tasks and activities
- Changes in appetite, weight, sleep, or sex drive



## Seek professional help.

There are ways to help you feel better. Common treatment options include therapy and medication. For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).



## If you are having thoughts of suicide or urges to hurt yourself, get immediate help.

Call or text the 988 Suicide and Crisis Lifeline at **988** or chat at **988lifeline.org**. The Lifeline provides 24-hour, confidential support. **Call 911** in life-threatening situations.

