WHEN TO SEEK HELP

Stress or anxiety are affecting your day-to-day functioning, mood, energy, appetite and/or sleep

**DEPRESSION**
- Persistent “down” feelings
- Decreased interest in pleasurable activities
- Feelings of hopelessness
- Low self-worth
- Headaches, body aches/pains

**ANXIETY**
- Persistent worrying about things you can’t control
- Difficulty relaxing
- Heart pounding
- Difficulty breathing
- Gastrointestinal problems
WHEN YOU’RE WORRIED ABOUT A LOVED ONE

WHAT TO LOOK FOR

• Major changes in behavior/mood
• Difficulty managing responsibilities
• Taking uncharacteristic risks (e.g., excessive alcohol or drug use)
• Expressing thoughts of wanting to die, feeling hopeless or trapped, finding it difficult to identify reasons for living, or feeling unbearable pain or a sense that they are a burden on others

WHAT TO SAY/DO

• Ask, “Are you thinking about suicide?” and take them seriously
• Be there – show your support
• Keep them safe
• Help them connect with ongoing support and treatment
• Follow up – check in to see how they’re doing

Learn more: www.bethe1to.com

Duke Psychiatry & Behavioral Sciences
Duke University School of Medicine
SUPPORTING YOUR CHILD OR TEEN

- Encourage open and honest conversations, and really listen
- Ask them how they’re feeling/if anything is bothering them, and acknowledge their struggles
- Develop routines that include a range of activities (e.g., learning, leisure, play, family time)
- Model healthy coping strategies
- Help them safely connect with friends and family members
- If you’re concerned about your child’s mental health, talk to their pediatrician
MENTAL HEALTH RESOURCES AT DUKE & BEYOND

Duke Emotional Support & Well-Being Line: 919-681-1631
- Free & confidential service available M-F, 8am-5pm (closed holidays)
- Have a supportive conversation, get connected with resources and/or schedule an appointment with a clinician
- Open to Duke faculty, staff, trainees, students and their families

Duke Personal Assistance Services (PAS): 919-416-1727
- Free assessment, short-term counseling & referrals
- Open to Duke faculty and staff and their families
- Visit pas.duke.edu for more information

Clinical Appointments in Duke Psychiatry & Behavioral Sciences
- 919-684-0100 (Adult Care; 18+)
- 919-385-3232 (Pediatric Care)

Additional well-being resources: bit.ly/dukewellsupport