



Our Mental  
Health?  
We Got This!

When  
Self-Care  
Isn't  
Enough

connect



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# Mental Health Warning Signs

Sometimes self-care is not enough and a mental health professional is needed. If you or a friend are experiencing any of these symptoms, there is help available.

- Feeling very sad or withdrawn for more than 2 weeks
- Sudden overwhelming fear for no reason
- Seeing, hearing, or believing things that others may not be experiencing
- Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty concentrating
- Using alcohol or drugs excessively
- Trying to harm oneself, attempting suicide, or making plans to do so

Just know that it is okay if you're feeling sad. Many young people do. You are not alone. There is help out there for you.

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message, text NAMI to 741-741.

LGBTQ Support 24/7 at 1-866-488-7386

SC Dept. of Mental Health Mobile Crisis Unit 833-364-2274

# Suicide Warning Signs

Comments or thoughts about suicide – also known as suicidal ideation – can begin small like, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous.

Warning Signs:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are an emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Feeling hopeless, trapped, or desperate
- Saying goodbye to friends and family

If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline by dialing 9-8-8 or call 911 immediately.

# Smoking and Mental Health

Living with stress can be difficult, and some people may turn to smoking as a way to cope with their feelings and emotions through stressful life events.

In 2020, 3.6 million middle and high school students reported using e-cigarettes.

Youth aged 12-17 are 2.5 times more likely to report using cigarettes in the past month if they experienced a major depressive episode in the past year.

Although it may provide temporary relief from some symptoms, smoking is not a healthy solution for managing feelings and emotions. Nicotine can alter mood in a way that covers up symptoms, which reinforces the increased use of tobacco in people with a mental health condition.

For help quitting, you can contact 1-800-QUITNOW

