

FACE the FIVE

Signs Everyone Needs to Know



Personality
Change



Uncharacteristically
angry, anxious,
agitated, or moody



Withdrawal or
isolation from
other people



May neglect self-
care & engage in
risky behavior



Overcome with
hopelessness &
overwhelmed by
circumstances

THESE ARE FIVE SIGNS THAT MAY MEAN SOMEONE
IS IN EMOTIONAL PAIN & MIGHT NEED HELP.

