

Know the *Five* Signs of Emotional Suffering



Personality
Changes



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.

