If one or more of these is happening, you could be sick. Ask for help to see your family doctor right away:

Stage 1

☐ I get stomachaches or headaches a lot
☐ I have the feeling of butterflies in my stomach a lot
☐ I cannot focus on things like I used to be able to

Stage 2

☐ I cry a lot even when things aren’t so bad
☐ People and things often annoy me
☐ I cannot sleep or I want to sleep all the time

Stage 3

☐ I cannot be happy
☐ I am angry a lot
☐ I think more bad thoughts than good thoughts

Stage 4

☐ I want the hurt to go away and think about drinking alcohol and abusing other drugs
☐ I want to hurt myself or others
☐ I think a lot about death and dying

Don’t worry if you are feeling sick. If you go to the doctor you will get well. The earlier you go to the doctor the quicker you can get well.

Learn more at www.AmericanMentalWellness.org
A Healthier Mind is a Happier Life!

- If feeling sick, Don't wait! Don't self-medicate on alcohol or abuse other drugs. Get help quick!
- Your mental wellness is very important now & always
- Be thankful, kind, and helpful
- Be honest and do the right thing
- Practice being positive in your thinking and speaking
- Have at least two good friends
- Have a hobby
- Join a club or group
- Have at least two adults you can talk to
- Keep your body clean
- Keep trying - never give up
- Get plenty of sleep
- Eat healthy
- Pray or sit quietly often
- Respect yourself & others
- Laugh often and listen to happy music

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