



Life feels unbearable. You no longer find pleasure in anything and your emotions may be intense and unpredictable, or you may feel nothing at all. There is nothing that brings you comfort. You may not longer feel a connection to family and/or friends. You may be a danger to yourself or others. **THIS IS A CRISIS. YOU WILL NOT ALWAYS FEEL THIS WAY. TALK TO A TRUSTED ADULT IMMEDIATELY.**



Day activities feel impossible to accomplish. You may feel little to no enjoyment for things you used to. You may hide your feelings, or you might use excuses to avoid school, family, friends, or activities you once enjoyed. You might just want to do nothing and be alone. **YOU WILL NOT ALWAYS FEEL THIS WAY. IT'S TIME TO TALK TO A TRUSTED ADULT.**



You are feeling overwhelmed. You might feel like normal daily life is starting to feel "heavy" or "hard:". You might struggle to do things such as take care of yourself, homework, chores, and activities. Being with friends and family is not as enjoyable as it once was.



Things are getting hard. You're managing, but are starting to get overwhelmed. You might easily get frustrated, angry, or sad.



Still feeling pretty good! Challenges at school, home, or work may bother you, but you are able to overcome them.



You feel great! You're enjoying time doing things you like to do. Challenges seem easy and manageable. No worries here!

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Talk to a trusted adult IMMEDIATELY.

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If you have thoughts of self-harm call the National Suicide Hotline: 1-800-273-8255

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Continue using self-care and self-compassion skills. Now is a good time to talk to a trusted adult about how you are feeling.

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Use self-compassion and self-care skills to maintain your mental health.

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