

# WHEN TO SEEK HELP

Stress or anxiety are affecting your day-to-day functioning, mood, energy, appetite and/or sleep

## DEPRESSION

- Persistent “down” feelings
- Decreased interest in pleasurable activities
- Feelings of hopelessness
- Low self-worth
- Headaches, body aches/pains

## ANXIETY

- Persistent worrying about things you can't control
- Difficulty relaxing
- Heart pounding
- Difficulty breathing
- Gastrointestinal problems



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# WHEN YOU'RE WORRIED ABOUT A LOVED ONE

## WHAT TO LOOK FOR

- Major changes in behavior/mood
- Difficulty managing responsibilities
- Taking uncharacteristic risks (e.g., excessive alcohol or drug use)
- Expressing thoughts of wanting to die, feeling hopeless or trapped, finding it difficult to identify reasons for living, or feeling unbearable pain or a sense that they are a burden on others

## WHAT TO SAY/DO

- Ask, "Are you thinking about suicide?" and take them seriously
- Be there – show your support
- Keep them safe
- Help them connect with ongoing support and treatment
- Follow up – check in to see how they're doing

*Learn more: [www.bethe1to.com](http://www.bethe1to.com)*



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# SUPPORTING YOUR CHILD OR TEEN

- Encourage open and honest conversations, and really listen
- Ask them how they're feeling/if anything is bothering them, and acknowledge their struggles
- Develop routines that include a range of activities (e.g., learning, leisure, play, family time)
- Model healthy coping strategies
- Help them safely connect with friends and family members
- If you're concerned about your child's mental health, talk to their pediatrician



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# MENTAL HEALTH RESOURCES AT DUKE & BEYOND

24/7 HELP

## Duke Emotional Support & Well-Being Line: 919-681-1631

- Free & confidential service available M-F, 8am-5pm (closed holidays)
- Have a supportive conversation, get connected with resources and/or schedule an appointment with a clinician
- Open to Duke faculty, staff, trainees, students and their families

## Duke Personal Assistance Services (PAS): 919-416-1727

- Free assessment, short-term counseling & referrals
- Open to Duke faculty and staff and their families
- Visit [pas.duke.edu](https://pas.duke.edu) for more information

## Clinical Appointments in Duke Psychiatry & Behavioral Sciences

- 919-684-0100 (Adult Care; 18+)
- 919-385-3232 (Pediatric Care)

***Additional well-being resources: [bit.ly/dukewellsupport](https://bit.ly/dukewellsupport)***

**National Suicide  
Prevention Lifeline**  
800-273-TALK

**Hope4NC Helpline**  
855-587-3463

**SAMHSA Disaster  
Distress Helpline**  
Call 800-985-5990 or  
text *TalkWithUs* or  
*Hablanos* to 66746



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