

# WHEN TO GET HELP FOR STRESS

Changes in  
sleeping or  
eating

Mood changes,  
sad feelings,  
depression

Not enjoying  
activities you  
usually like

Trouble doing  
normal tasks

Hard time  
thinking or  
remembering  
things

Being sensitive  
to sounds or  
sights

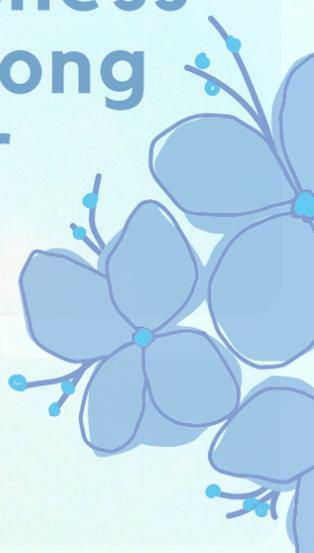
Not caring  
about things  
you used to  
care about

Feeling  
disconnected  
from yourself  
or reality

Magical,  
unusual  
thoughts or  
beliefs

Nervousness  
and strong  
fear

Strange or violent  
behavior



If you are experiencing any of these  
symptoms, it's time to reach out for help.



OhioMHAS: 1-877-275-6364  
FindTreatment.gov

