

# WHAT MENTAL HEALTH ACTUALLY LOOKS LIKE

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## RISK # 1

Canceling plans at the last  
minute

## RISK # 2

Believing they are a burden to  
everyone

## RISK # 3

Eating all the time or not at all

## RISK # 4

Being emotionally distant

## RISK # 5

Constantly needing  
reassurance

## RISK # 6

Isolating to protect  
themselves

## RISK # 7

Frequently crying or melting  
down

## RISK # 8

Lashing out over something  
"small"

## RISK # 9

Avoiding people and social  
interaction

## RISK # 10

Feeling hopeless