As **Mental Health Matters Month** continues, think about how you’ve been feeling lately.

Everyone has good days and bad days. Sometimes you might feel sad, worried, or stressed out. These feelings may come and go in response to whatever’s going on in your life.

But when it seems like bad days come more often than not, or if you’re feeling down for more than two weeks, it is likely time to seek some support for your mental health.

Some of the most common signs you could use some support or professional help are:

* Feeling sad or hopeless
* Feeling consistently anxious, worried, or overwhelmed
* Being unable to concentrate on work or school
* Having wide changes in moods
* Withdrawing from friends and activities
* Difficulty coping with daily problems or stress
* Consuming more alcohol or drugs than usual or more often
* Becoming easily irritable
* Undergoing changes in eating or sleeping patterns
* Thinking people are out to get you

If one or more of these conditions affects your quality of life or keeps you from functioning well, reach out for support. Check out the [Take Action for Mental Health website](https://takeaction4mh.com/) for information about different support options and local resources.

Don’t wait until you’re in a crisis situation to get help. Just in case you or someone you know might someday need it, keep the number for the [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/) at hand. You can call 1-800-273-8255 to talk with a trained counselor 24/7. [NOTE: Insert phone number/link for your County-specific crisis line.]

During Mental Health Awareness Month, find out more about some of the [self-care methods](http://takeaction4mh.com/wp-content/uploads/docs/TakeAction4MH-SelfCareTips.pdf) you can use to build your long-term mental wellness and to give your mental health a boost when you need it.

You can also follow our social media updates at [Facebook](https://www.facebook.com/TakeAction4MH), [Instagram](https://www.instagram.com/takeaction4mh/), and [Twitter](https://twitter.com/takeactionformh). [NOTE: Insert links for your agency’s accounts or use @TakeAction4MH accounts that are linked above.]

Watch for our next email, which will help you learn how to do a Check-In Chat with people you know. Let’s continue to take action for mental health together — Check In, Learn More, and Get Support!

[Insert Agency/CBO Signature Line]