

The National Institute of Mental Health: <https://www.nimh.nih.gov/health/publications/my-mental-health-do-i-need-help>

My Mental Health: Do I Need Help?

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Take a moment to consider how your symptoms impact your daily life.

Have you had mild symptoms for less than 2 weeks?

- Feeling sad, stressed, or worried but still able to care for yourself and others
- Feeling tired or low energy but still able to complete your tasks and activities
- Feeling less interested in things you typically enjoy
- Having some trouble sleeping

These activities may help you feel better:

- Regularly exercising, eating healthy, and getting 7–9 hours of sleep
- Spending time with loved ones
- Practicing meditation or breathing exercises
- Making time for low-stress activities you enjoy
- Volunteering to help others

If these activities do not help or symptoms worsen, talk to a health care provider.

Have you had severe symptoms for 2 weeks or more?

- Feeling sad, tearful, or hopeless
- Feeling irritable or frustrated
- Feeling worthless or guilty
- Feeling tired or low energy
- Losing interest in things you typically enjoy
- Difficulty concentrating or making simple decisions
- Trouble completing your tasks and activities
- Changes in appetite, weight, sleep, or sex drive

Seek professional help.

There are ways to help you feel better. Common treatment options include therapy and medication. [Learn more about getting help.](#)

If you are having thoughts of suicide or urges to hurt yourself, get immediate help.

Call or text the [988 Suicide and Crisis Lifeline](#) at **988** or chat at [988lifeline.org](#) . The Lifeline provides 24-hour, confidential support. **Call 911 in life-threatening situations.**

U.S. Department of Health and Human Services
National Institutes of Health
National Institute of Mental Health
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Do you need help with your mental health? If you don't know where to start, this infographic may help guide you. <https://go.usa.gov/xGfxz> #shareNIMH

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