



# SIGNS TO LOOK OUT FOR

You don't have to be a mental health expert to spot signs that you or someone around you might need extra support. Everyone reacts differently to stressful situations and these are not the only signs you or someone around you might need support. Some signs to look out for include:



**The main thing to remember is to trust your gut – if you feel there is a change, reach out to check-in on how they are going.**