

# My Mental Health: Do I Need Help?

## 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

## Have you had severe symptoms for 2 weeks or more?

- Feeling sad, tearful, or hopeless; irritable or frustrated; 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.

## Thoughts of suicide or urges to hurt yourself?

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



**COLORADO**  
State Employee Assistance  
Program  
CSEAP

Adopted from National Institute of Mental Health.