WHAT STRESS CAN LEAD TO

Increase in alcohol or other substance use
Depression
Changes in sleeping or eating habits
Withdrawal from friends and family
Irritability and anger
Problems concentrating
Feelings of isolation
Anxiety and/or fear
Feelings of helplessness or hopelessness
Thoughts of suicide

“Resilency is an important factor in living. The winds of life may bend us. To courageously straighten again after our heads have been bowed by disappointment and suffering is the supreme test of character.” - Unknown

Seeking help early can prevent further problems down the road.

WARNING SIGNS THAT YOU MAY NEED TO SEEK HELP

TIPS FOR HANDLING STRESS

- Stay Active. Remember, your body and your mind work together.
- Talk to a buddy who can help you see your problems in a different light. Knowing when to ask for help may avoid more serious problems later.
- Know your limits.
- Take care of yourself. Get enough rest and eat well.
- Take a break, relax and have fun.
- Help yourself by helping other people. Get involved in the world and the people around you.
- Prioritize your life. Don’t overwhelm yourself.
- Avoid self-medication. It may relieve stress temporarily, but will not remove the conditions that caused the stress in the first place.

Divorce/Relationship Problems
Financial Problems
Thoughts of Suicide
Aggression
Depression

Domestic Violence
Alcohol and Drug Abuse
Anxiety
Accidents
Hopelessness
HOW TO SEEK HELP

It is important to understand when you may need to seek help to prevent further problems down the road. Stress, depression and thoughts of suicide are REAL issues that do not need to be hidden.

Talk to someone...a fellow serviceman, chaplain, family member, friend, physician, your local community mental health center, or a member of the Mississippi Department of Mental Health Help Line.

Mississippi Department of Mental Health
Toll Free Help Line: 1-877-210-8513
Available 24 hours a day, 7 days a week
ALL CALLS AND COMMUNICATION ARE CONFIDENTIAL