

Notice When You Need Help

Teens and supportive adults | Teens 13+ | 10 to 15 minutes

Recognize personal signs of strain and connect each one to a useful response.

People show stress in different ways. You may get quieter, more restless, more irritable, or find ordinary tasks harder. This page helps you notice your own changes and decide when to involve support. It is not a test or a diagnosis.

Start with your usual pattern

Describe what a fairly manageable day looks like for you. Then notice changes in sleep, concentration, connection, appetite, energy, or activities. Include what other people might miss, especially when you look fine from the outside.

Match the signal to a response

For an early signal, choose a realistic step: eat something, take a brief break, ask for clearer instructions, or contact someone safe. If the problem continues or interferes with daily life, tell a trusted adult or clinician.

Know when to seek immediate support

If you might hurt yourself or someone else, cannot stay safe, or face immediate danger, get help now. In the United States, call or text 988 for crisis support; call 911 for a medical emergency or immediate danger.

What a manageable day usually looks like

Two changes that tell me I need support

A response that may help when I first notice them

Who I will contact if things worsen or feel unsafe