



Fort Riley Public Health Department “Protecting the Health of Our Community”

MENTAL HEALTH AWARENESS MONTH

Break the Stigma. Start the Conversation. Save a Life.

It's okay to not be okay.

*Mental health affects everyone — our families, friends, coworkers, and communities.
Seeking help is a sign of strength, not weakness.*

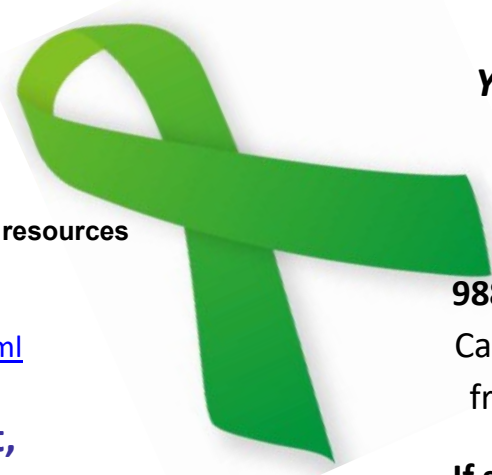
Signs It May Be Time to Seek Help

- ◆ Feeling overwhelmed, hopeless, or constantly anxious
- ◆ Increased alcohol or substance use
- ◆ Pulling away from family, friends, or activities
- ◆ Extreme mood swings or irritability
- ◆ Changes in sleep or eating habits
- ◆ Trouble concentrating or racing thoughts
- ◆ Loss of motivation or energy
- ◆ Saying things like: “I can’t do this anymore”, or “Everyone would be better off without me”

How You Can Help

- ◆ Listen without judgment
- ◆ Check in regularly
- ◆ Encourage professional support
- ◆ Remind them they are not alone
- ◆ Speak openly about mental health

Sometimes a simple conversation can change — or save — a life.



Contact Us:

Caldwell Clinic:
7665 Normandy Drive
785-239-7323
785-239-7042

Environmental Health:
785-239-7516

Industrial Hygiene:
785-239-4055

Occupational Health:
785-239-3592

Public Health Nursing:
785-239-7323

AFWC:
785-239-3950

Army Hearing Program:
785-239-3549

**You Matter.
Your Feelings Matter.
Help Is Available.**

Need Support?

988 Suicide & Crisis Lifeline
Call or Text 988 anytime for free, confidential support

If someone is in immediate danger, call 911.

For more trusted Mental Health information, topics, and resources Visit:

<https://www.cdc.gov/mental-health/index.html>

**We Can Create a Culture of Support,
Understanding, and Hope.**