

## Change Direction – Five Signs

### Not feeling like u video transcript

NARRATOR: (0:04 – 0:50)

Nearly one in every five people, or 42.5 million American adults, suffers from a diagnosable mental health condition. [Source: Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, U.S. Department of Health and Human Services: [www.samhsa.gov](http://www.samhsa.gov) (as of November 24, 2014).]

Often our friends, neighbors, co-workers, and even family members are suffering emotionally and don't recognize the symptoms or won't ask for help. We've put together five possible signs to help you identify that someone is in emotional pain and might need help. One of the signs is:

#### **Their personality changes.**

You may notice sudden or gradual changes in the way that someone typically behaves. He or she may behave in ways that don't seem to fit the person's values or the person may just seem different.

Here's an example of someone who notices a coworker experiencing this sign.

JACK: (0:50 – 0:53)

All right, I'm going to go over the 3rd quarter report, if you guys could pull it up.

SALLY: (0:54 – 1:02)

Umm... we went over that last meeting. You know - the one that Jeff covered for you? And the meeting before that we reviewed the presentation format.

JACK: (1:02 – 1:11)

Sorry, I'm a bit behind from missing the last few meetings. I've had a couple of rough weeks lately. All right, well, how about those numbers – did we get them back from Finance yet?

MATT: (1:26 – 1:33)

No, I haven't heard anything. They're taking longer than usual. It's a busy time of year for them.

JACK: (1:34 – 1:36)

Man, if one more thing goes wrong with this project I think I'll just give up!

NARRATOR: (1:48 – 1:56)

Not seeking help could cause Jack's stress level to increase, which is impacting his work and personal life and could be a danger to Jack.

SALLY: (1:57 – 2:04)

Hey Jack, it's Sally. I know the project has been pretty stressful. I just wanted to check in and see how you're doing.

JACK: (2:04 – 2:14)

Actually, I'm pretty stressed out. Everything with this project seems to be falling apart. And on top of that, me and Marie just split up, so I've been dealing with that.

SALLY: (2:14 – 2:30)

Oh no, I'm so sorry to hear that. That must be really hard for you. You know, about a year ago I had a personal situation I was dealing with. I spoke with a counselor for a while and she really helped me get back on track. It may be worth giving it a try.

JACK: (2:31 – 2:38)

Yeah, I'll think about it. Thanks. It would be nice to have someone to talk to about this.

SALLY: (2:38 – 2:42)

Hey, I've got some spare time tomorrow. I can help out with the PowerPoint design if you want.

JACK: (2:42 – 2:53)

Thanks, yeah that will really help. And thanks for calling me about this. It's been hard acting like everything is ok. Maybe I'll give a counselor a try. Ah, you happen to have the number handy?

SALLY: (2:53 – 2:55)

Sure. Give me just a sec – I'll look it up.

NARRATOR: (2:56 – 3:10)

Taking the time to check in on Jack let him know that his coworker cared and there were resources available to get help. You can find more information on these five possible signs at [www.changedirection.org](http://www.changedirection.org).