

Change Direction – Five signs Feeling agitated video transcript

NARRATOR: (0:04 – 0:55)

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 (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 that someone is in emotional pain and might need help. One of the signs is:

They seem uncharacteristically angry, anxious, agitated or moody.

It might come on suddenly, as if out of nowhere, or over time.

Here's an example of someone who notices a friend showing this sign. The cloud above her head represents her internal dialogue to give you some added insights about what might be going on inside.

JANE: (0:56 – 1:02)

Hey, I'm really not feeling very well. It's been a weird week for me. I'm not sure I'm up to this.

RAINCLOUD: (1:03 – 1:05)

You're such a loser! You never do anything fun.

PAUL: (1:05 – 1:07)

Really? We've had this planned for a month.

RAINCLOUD: (1:08 – 1:11)

Nobody wants you around. They're just going to laugh at you.

PAUL: (1:12 - 1:14)

It'll be fine. Once you get there you'll start having fun.

JANE: (1:15 – 1:17)

Ok, I guess so...

NARRATOR: (1:17 – 1:27)

It's important to recognize signs of distress and reach out to that person in the moment. Doing so could help prevent future issues.

EMILY: (1:27 – 1:32)

Did you catch that latest sale at The Corner Mart? I got most of this picnic stuff half off!

JANE: (1:33 – 1:36)

No, I haven't really been out much lately.

[Dog barks. (1:39 – 1:41)]

RAINCLOUD: (1:42 – 1:45)

Wow, you can't even hold a cup right! What's wrong with you?

JANE: (1:46 – 1:49)

Ugh! You dumb dog! Look what you made me do!

EMILY: (1:50 – 1:51)

I'm sorry about that. Let me help you.

[Dog barks. (1:52 – 1:53)]

JANE: (1:53 – 1:56)

Shut up, dog! You've done enough already!

FRED: (1:59 – 2:01)

Looks like someone didn't get enough sleep last night.

WANDA: (2:02 – 2:06)

You know, I saw her at the library last week and she was yelling at the librarian.

FRED: (2:07 – 2:09)

Mm, mm. Some people.

[Dog barks. (2:09 – 2:11)]

RAINCLOUD: (2:11 – 2:15)

Everyone's looking at you. You always mess things up.

JANE: (2:16 – 2:17)
Just shut up already!

FRED: (2:18 – 2:20)
All right, that's enough for me. I'm gonna go get Paul.

WANDA: (2:21 – 2:22)
Hope he can help...

NARRATOR: (2:23 – 2:32)
It's important to assess each situation with care. Emily doesn't believe Jane intends to hurt anyone so she can step in and try to help.

EMILY: (2:33 – 2:38)
Billy, come get Wally! He doesn't mean any harm. He's just hungry.

EMILY: (2:39 – 2:42)
Hey Jane, are you feeling okay? This isn't like you.

JANE: (2:43 – 2:49)
I'm sorry. I've just been so stressed out. Everything is just bugging me lately.

EMILY: (2:49 – 2:54)
You know sometimes stress can just boil over. Maybe it would help to talk to someone, like a counselor.

JANE: (2:56 – 3:08)
Yeah, it might. Paul found a place nearby that offers group therapy last week and even offered to go with me. Maybe I should give that a try. It's just all been feeling like too much lately.

EMILY: (3:09 – 3:21)
It could help. Hey, if you want, maybe we could start going to the gym together again. I know that always helps me feel better. It even helps my mood. And you know you can always call me just to talk.

JANE: (3:22 – 3:23)
Yeah, I might take you up on that.

PAUL: (3:24 – 3:26)
Hey, Fred said you might need me. Are you okay?

JANE: (3:27 – 3:29)

Not really. But I will be...

NARRATOR: (3:30 – 3:44)

Noticing Jane's sudden change in behavior helped Emily give her friend a helping hand. You can find more information on the five signs at www.changedirection.org.