

Change Direction – Five signs R u withdrawn? video transcript

NARRATOR: (0:04 – 0:53)

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 withdraw or isolate themselves from other people.

They pull away from family and friends and may stop participating in activities they once enjoyed.

Mrs. Smith comes home from work and notices the state of Mrs. Chan's yard next door. She hasn't seen Mrs. Chan in a while and is concerned that something may be wrong.

[Phone rings. (0:55 – 0:57)]

JOHN: (0:58 – 0:59)

Hello.

LINDA SMITH: (1:00 – 1:02)

Hi John, it's Linda from across the street.

JOHN: (1:03 – 1:05)

Oh, hi Linda. How's it going?

LINDA: (1:05 – 1:16)

Fine, thanks. Hey, I was calling about Donna Chan next door. Do you know if she's doing all right? Her yard is looking a bit run-down lately and I haven't seen her around.

JOHN: (1:17 – 1:32)

Mmm...oh...well, you know her husband passed away a few years ago. Right around this time. And Nancy mentioned that her sister died recently from a long battle with cancer. I imagine it's got to be hard on her.

LINDA: (1:35 – 1:44)

Oh, wow. That does sound like a lot to cope with. Thanks for the information, John. I may stop by to see if she needs anything. Talk to you later.

JOHN: (1:45 – 1:47)

Anytime. Take it easy.

NARRATOR: (1:48 – 1:59)

It's important to recognize the signs of isolation and withdrawal. Reaching out to Mrs. Chan during this difficult time lets her know she's not alone and there is help.

[Doorbell rings (2:00)]

LINDA: (2:02 – 2:07)

Hi, Ms. Chan. I made some cookies and thought you'd like some. How have you been?

MRS. CHAN: (2:08 – 2:11)

Oh, I'm all right. Thank you for the cookie.

LINDA: (2:12 – 2:14)

I haven't seen you around much lately. Is everything all right?

MRS. CHAN: (2:15 – 2:27)

Well, not really. My sister passed away last month. We were very close. And this is about the time I lost Ray a few years ago, you know.

LINDA: (2:27 – 2:32)

Oh, I'm sorry to hear that. That's got to be hard to cope with.

MRS. CHAN: (2:33 – 2:48)

Yeah. I'm not doing so great at that. Since the funeral, I just go to work and come home. I haven't been doing much else. I don't really have any energy to do anything. Everything seems kind of pointless.

LINDA: (2:49 – 3:09)

You know, sometimes when you lose a loved one, it can help to talk about it. There are certain groups that meet to help each other cope. They get together in a safe space to talk about what they're going through and can help each other heal. My husband went to one when his grandfather passed away and he said he was glad he went.

MRS. CHAN: (3:10 – 3:15)

Maybe I'll give it a try. I just feel at such a loss to do anything.

LINDA: (3:16 – 3:24)

Let me get the phone number and address for you. That way you'll have it handy when you're ready. I think they meet every Monday evening.

MRS. CHAN: (3:24 – 3:29)

Thank you. That sounds great. But only if you still bring more cookies tomorrow.

LINDA: (3:30)

Deal!

LINDA: (3:42 – 3:45)

Wow, your flowers are looking really beautiful this year.

MRS. CHAN: (3:46 – 4:11)

Thank you. I started working on them as soon as the weather changed. You know, I wanted to thank you for coming over that day a few months ago. I've been going to that grief group you recommended. I didn't want to go at first but I realized I needed something. It helped to see that I'm not the only one having these feelings and that we all mourn our loved ones in our own ways.

LINDA: (4:13 – 4:24)

I'm so glad you went. It's great to see you outside and doing the things you enjoy. You know, I just baked some banana bread. If you'd like some, I can bring it by.

MRS. CHAN: (4:25 – 4:28)

That sounds yummy. I'll make some coffee too.

NARRATOR: (4:28 – 4:50)

After going to the grief support group, Mrs. Chan finds it helpful to share her feelings with others who have lost a loved one. Acting on the news of Ms. Chan's change in behavior helped Mrs. Smith give her neighbor a helping hand. You can find more information on the five signs at www.changedirection.org.