

Change Direction — Five signs Caring 4 yourself? video transcript

NARRATOR: (0:04 – 0:40)

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:

Poor self-care.

They stop taking care of themselves and may engage in risky behavior.

HEATHER: (0:42 – 0:47)

Hey, do you think Mr. Little's okay? He seems pretty out of sorts the past few weeks.

JOHN: (0:48 – 0:54)

Yeah and from the smell I think he could use a shower. Maybe we should stay after class and check in with him.

HEATHER: (0:54 – 0:55)

Good idea.

MR. LITTLE: (0:56 - 1:04)

...And I can't remember what else I was gonna say, sooooo...class dismissed! Don't forget your papers are due...when did I say they were due?

JOHN: (1:05 – 1:06)

Next week.

MR. LITTLE: (1:07 – 1:10)

Correct! I was just testing. Papers due next week!

JOHN: (1:11 – 1:12)

How's it going, Mr. Little?

MR. LITTLE: (1:12 – 1:14)

Do you have a question about your paper?

HEATHER: (1:15 – 1:24)

Actually, we were just a bit concerned about you is all. You look a little different lately and I can't help but notice you forgot a few things during class.

MR. LITTLE: (1:25 – 1:34)

And who died and made you the fashion police? If I were you I'd be putting more energy into my paper so I don't get another C this time around.

JOHN: (1:36 – 1:38)

Hey, relax, we're just trying to help.

MR. LITTLE: (1:39 – 1:42)

Too kind. But remember, I don't give extra credit.

HEATHER: (1:42 – 1:45)

Um...that's not why we asked.

NARRATOR: (1:46 – 2:04)

Heather remains concerned throughout the week. So she decides to check in with the department chair, Dr. Sanchez. Dr. Sanchez thanks Heather for voicing her concerns. She even reassures Heather that her concern will remain anonymous. The department chair calls Mr. Little in to talk.

DR. SANCHEZ: (2:06 – 2:11)

Thanks for coming in. I had a student express concern with your wellbeing. Do you know why that might be?

MR. LITTLE: (2:12 – 2:16)

Well I've been a bit forgetful lately. It's under control.

DR. SANCHEZ: (2:16 – 2:17)

Tell me how I can help.

NARRATOR: (2:18 – 2:31)

After a long conversation, Mr. Little accepts a referral to a counselor. Once the counselor answers his questions about confidentiality, Mr. Little begins to talk for the first time about his recent substance use.

MR. LITTLE: (2:32 – 2:36)

It all started when I was prescribed some painkillers for a back problem...

NARRATOR: (2:36 – 3:03)

Turning their concern into action, Heather, John and Dr. Sanchez ultimately helped Mr. Little take the first step toward getting help. They may never know how much of a difference they made. It's important to act on your concerns as soon as you notice signs of poor self-care. You could change a life. To learn more about how you can recognize signs of emotional suffering, visit **www.changedirection.org**.