Know the five signs

Here are some of the possible signs of emotional suffering you should be aware of:

1. Their personality changes.
2. They seem uncharacteristically angry, anxious, agitated or moody.
3. They withdraw or isolate themselves from other people.
4. They stop taking care of themselves and may engage in risky behavior.
5. They seem overcome with hopelessness and overwhelmed by their circumstances.

Learn more at changedirection.org