

## **Signs You May Need Mental Health Support**

Mental health is an essential part of our overall wellbeing. Just like our physical health, our emotional and mental health sometimes needs attention, care, and support. Yet many people struggle silently, unsure if what they are experiencing is something they should address.

Recognizing when you may need mental health support is a powerful step toward healing.

### **Understanding Mental Health Struggles**

Everyone experiences stress, sadness, or worry at times. However, when these feelings become overwhelming, persistent, or interfere with daily life, it may be time to seek support.

Needing help does not mean something is wrong with you — it means you are human.

### **Common Signs You May Need Support**

#### **Persistent sadness or low mood**

Feeling down for extended periods, losing interest in things you once enjoyed, or feeling emotionally numb.

#### **Excessive worry or anxiety**

Constant fear, racing thoughts, or feeling unable to relax.

#### **Emotional overwhelm**

Feeling easily irritated, frustrated, or emotionally exhausted.

#### **Changes in sleep or appetite**

Sleeping too much or too little, or changes in eating habits.

#### **Withdrawal from others**

Avoiding social interaction or losing connection with loved ones.

#### **Difficulty coping with daily responsibilities**

Struggling to focus, complete tasks, or manage everyday life.

#### **Feeling hopeless or stuck**

Believing things will never improve or feeling disconnected from purpose.

## **Why Seeking Support Matters**

Mental health support provides tools, guidance, and connection. Whether through trusted friends, community programs, or professional help, support can help you:

- Build coping skills
- Reduce stress and anxiety
- Improve relationships
- Restore hope and joy
- Strengthen emotional resilience

## **You Are Not Alone**

At Harmony in Daily Happiness Foundation, we believe healing happens through connection, compassion, and community. Reaching out is a courageous step toward wellness.

If you recognize these signs in yourself or someone you love, know that help and support are available — and you deserve it.



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