

## Not sure, but something is wrong

**D**ifficult to describe what is wrong  
**I**nclear what is wrong  
**C**ould be a sign of a mental health problem  
**S**ometimes a sign of a physical health problem  
**C**ould be a sign of a learning disability

## Self-harm or suicide risk

**M**ay be a sign of a mental health problem  
**F**ew people who self-harm or have suicidal thoughts are violent  
**W**arning signs of self-harm or suicidal thoughts  
**S**ometimes a sign of a physical health problem

## Substance abuse

**I**nclear what is wrong  
**D**ifficult to describe what is wrong  
**R**isk of physical health problems

**RECOGNIZE**

**RESPOND**