

**SIGNS
IT'S TIME
FOR A
M8D8**

MAY 8 M8D8

**A M8D8 IS
ALWAYS A
GOOD IDEA,
EVEN MORE SO
IF YOU NOTICE A
CHANGE IN THEM**



MAY 8 M8D8

WHAT ARE THEY SAYING?

Are they:

Confused or irrational

Moody

Unable to switch off

Lonely or lacking self-esteem

Concerned they're trapped or in pain



MAY 8 M8D8

WHAT ARE THEY DOING?

Are they:

Having changes in mood

Defensive

Self-medicating

Behaving recklessly

Losing interest in what they used to enjoy



MAY 8 M8D8

WHAT'S GOING ON IN THEIR LIFE?

Have they experienced:

A change in work circumstances

Stress or conflict at work, home or school

Relationship issues

Major health issues or an injury

Financial difficulty

Loss of someone or something they care about

MAY 8 M8D8