

Knowing when to get help for emotional problems

“The truth is, mental illness doesn’t mean there’s anything wrong with you.”

We all have moments where we get emotional. For example...

...Breakups and losses can make us **sad**.

...Going through a trauma can make us **scared**.

...Someone betraying us can make us **angry**.

That’s natural! It’s OK to feel emotions – it’s part of being human.

Sometimes we just need to talk to friends or trusted adults, or take some time to deal with our feelings, and we feel better.

But sometimes the emotions don’t go away, or they get worse. Then we have to ask a healthcare professional for extra help. This could be a psychologist, a psychiatrist, a social worker or a counsellor.

So how do you know if something is serious enough and you need help? Well, there are a few ways to tell:

- If it **causes serious problems** in your relationships with your friends or family.
- If it **stops you** from being able to go to school or do your work.
- If you are really **bothered** by it and it doesn’t seem to go away.
- If you **can’t understand** what is causing it.

Getting mental health help can feel scary before you do it. But the truth is, mental illness doesn’t mean there’s anything wrong with you.

We all go through struggles in our lives, and some of those things affect our emotions. And once you’ve spoken to someone about it, you can start taking the steps you need to feel better. To find out more about mental health and mental illness, read our article: <https://bwisehealth.com/article/good-bad-mental-health>

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