Is the person you support showing signs of mental distress or behavioral concerns?

**Health**
Are they experiencing physical discomfort or pain? Do you know how they communicate when they do not feel well? Do they need to be prompted or specifically asked to share this information with others?

**Environment**
Is the individual unhappy with their current family and social networks, or physical surroundings? Has social distancing caused limitations in the supports and services provided? Are there adjustments that can be made to their environment to better meet their needs?

**Experienced experiences**
Does the individual have coping skills they can use to combat daily stressors? Have they experienced adversity or traumatic events that they have not been able to adequately process? Have recent events brought up familiar feelings of social isolation or poor social support?

**Psychiatric Disorder**
When the above areas of concern (the H, E and L of HELP) are adequately assessed, psychotic presentations and aggression are often better understood in terms of mood dysregulation, anxiety, and/or adjustment problems in response to acute and chronic stressors or trauma.

If you have concerns involving the behavioral health of an individual you support please contact ASN's Behavioral Health Specialist, Lindsey Parker. (479) 841-4638 or lparker@supports.org