Is something different?
Have there been any changes in: mood, behavior, thinking, or life events?

- **Mood:** Is the person more, or less, emotional than usual?
- **Behavior:** Have there been changes in how the person typically behaves?
- **Thinking:** Have there been changes in the ways the person thinks/communicates?
- **Life Events:** Has the person gone through any major life events lately?

React and Respond: Things you can do

- Don’t be afraid to ask the person about changes
- Be patient, understanding, and listen
- Assure the person it’s better not to be secretive
- Encourage the individual to seek help
- Escort the person to treatment if needed
- Avoid clichés like “It will be okay.”

References and Resources:

- [http://www.afterdeployment.com](http://www.afterdeployment.com) (Online Self Assessments and Facts)