



When Emotional Changes Need More Support™

Notice when a mood or emotional change may
deserve professional care, then choose your next step.



You do not have to wait until things feel unbearable.
Support can help at any stage.



1 NOTICE THE PATTERN



- ☐ Lasting two weeks or more
- ☐ Becoming stronger or more frequent
- ☐ Feeling very different from your usual self
- ☐ Returning again and again

2 NOTICE THE IMPACT



- ☐ Sleep, appetite or energy
- ☐ Work or daily responsibilities
- ☐ Relationships or social connection
- ☐ Self-care or usual routines
- ☐ Your sense of safety or control

3



CHOOSE THE NEXT STEP



ROUTINE SUPPORT

Bring it up at your next healthcare visit when changes are mild but persistent, confusing or concerning.



PROMPT SUPPORT

Contact a healthcare or mental health professional soon when symptoms are worsening, hard to manage or interfering with daily life.



URGENT SUPPORT NOW

Call or text 988 in the U.S. for suicidal thoughts or emotional crisis. Call 911 or go to the nearest emergency room for immediate danger or a life-threatening situation.



MY SUPPORT PLAN



Person or professional I can contact: _____

What I want to say: _____

One step I will take today: _____



HELPFUL TO BRING

Note when the change began, what makes it better or worse, medications or supplements, sleep changes and recent life stress.



Gentle Reminder

Midlife hormone changes can affect mood, but new, intense or persistent symptoms still deserve thoughtful evaluation.



Martine's Midlife Wellness Tip

You do not need the perfect words. "I have not felt like myself lately, and it is affecting my daily life" is enough to begin.



This guide supports, but does not replace, care from a qualified healthcare or mental health professional.

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