

Notice changes in a loved one? It could be more than a phase.

Some shifts reflect inner struggles—or exposure to harmful influences. These early signs may indicate a deeper issue:

Signs to Pay Attention To

- Obsession with a new ideology or identity
- Sudden shifts in appearance, language, or behavior
- Social withdrawal
- Excessive or secretive internet use
- Mood changes: irritability, depression, or volatility

Seeing several of these signs together may mean your loved one is struggling—or being drawn toward a harmful ideology.

Early Signs



EARLY SUPPORT CAN PREVENT LONG-TERM HARM.



WHAT YOU CAN DO

- Reach out to a mental health professional
- Get discreet, nonjudgmental support from Parents for Peace
 - help@parents4peace.org
 - www.parents4peace.org

Early Help

Parents for Peace

Parents for Peace is a nonpartisan nonprofit equipping educators, mental health professionals, and families to counter extremism and hate as public health issues.