

SEE SOMETHING

SAY SOMETHING

DO SOMETHING



PRIVACY

On-campus mental health counseling services offered to students are confidential. Teachers, counselors and staff are reminded to honor student confidentiality. School employees are mandated reporters and are required by law to report known or suspected child maltreatment, child abuse or neglect to the county child welfare department or local law enforcement agency.

INDICATORS OF DISTRESS

Be aware of the following indicators of distress.

Look for **groupings, changes in behavior, frequency, duration** and **severity**— not just isolated symptoms.

ACADEMIC INDICATORS	PSYCHOLOGICAL INDICATORS	PHYSICAL INDICATORS	SAFETY RISK INDICATORS
<ul style="list-style-type: none"> ➡ Sudden decline in quality of work and grades ➡ Repeated absences/tardies ➡ Disturbing content in writing or presentations (e.g., violence, death) ➡ A student needs more personal counseling rather than academic counseling ➡ Continuous classroom disruptions 	<ul style="list-style-type: none"> ➡ Self-disclosure of personal distress that could include family problems, financial difficulties, depression, grief, or thoughts of suicide ➡ Excessive tearfulness, panic reactions, irritability or unusual apathy ➡ Verbal abuse (e.g., taunting, badgering, intimidation) ➡ Expressions of concern about the student by his/her peers 	<ul style="list-style-type: none"> ➡ Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain ➡ Excessive fatigue/sleep disturbance ➡ Intoxication, hangovers, or smelling of alcohol/marijuana ➡ Disoriented or “out of it” ➡ Cuts, bruises, or other injuries 	<ul style="list-style-type: none"> ➡ Unprovoked anger or hostility ➡ Making implied or direct threats to harm self or others ➡ Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, or violent behaviors