

LOOK FOR THESE SIGNS

- **Withdrawn, spending more time alone, isolated**
- **Decreased interest in activities they once enjoyed, low motivation**
- **Sudden changes in behavior/dress/friendships/feelings, eating and sleeping habits**
- **Anger, irritability, outbursts or irrational behavior that is out of character**
- **Sudden drop in grades**
- **Evidence of self-harm, self-cutting, or suicidal comments**
- **Impulsivity**
- **Overly tearful, sadness that does not seem to go away**
- **High level of fear/worry/anxiety that go beyond what is typical for their developmental age**
- **Increased negative behaviors (attention-seeking)**
- **Poor hygiene**
- **Chronic peer/social conflicts**
- **Vomiting unrelated to illness**
- **Difficulty with concentration and attention, problems with short term memory**

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SCHOOL-BASED COUNSELING

You can refer students to an on-site licensed mental health therapist using the contact information below or by contacting the school counselor.



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state of balance
in our thoughts, emotions,
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