

**Warning Signs for Staff and Parents to be aware of: (this is illustrative, not exhaustive); for school personnel during remote learning, there will be limited opportunity to observe students but noticeable changes in student's demeanor, academic functioning, participation may warrant referral.**

**Precipitants that may trigger a crisis: If you are aware of any of these and also note changes in a student's behavior or demeanor/mood that make you concerned for a student, please inform your administrator and/or mental health staff.**

- Death in family
- Incarceration of family member
- Bullying
- Social Media conflicts
- Breakup with boyfriend/girlfriend
- Recent suicide in community
- Abuse/domestic violence
- Parental discord
- Parental drug use

**Changes in Behavior include:**

- Displaying signs of serious, increased depression such as moodiness, hopelessness, withdrawn behavior, anger outbursts
- Increased use of alcohol or drugs
- Dramatic change in academic achievement or participation
- Withdrawing, social isolation (not showing up for classes that student previously was engaged in)
- Giving away prized possessions
- Severe anxiety, including about the coronavirus

**Changes in Thoughts**

- Preoccupation with death
- Expressing suicidal ideation or intent verbally or in written form including academic assignments
- Expressing feelings of isolation
- Expressing feelings of hopelessness, having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others

**Changes in Feelings**

- Feelings of hopelessness and helplessness
- Anger
- Depression, sadness
- Feelings of loneliness and isolation

**Physical Changes**

- Changes in physical appearance (disheveled, lack of interest in appearance)
- Weight loss or gain
- Changes in appetite
- Physical health complaints that do not appear to be related to an actual illness