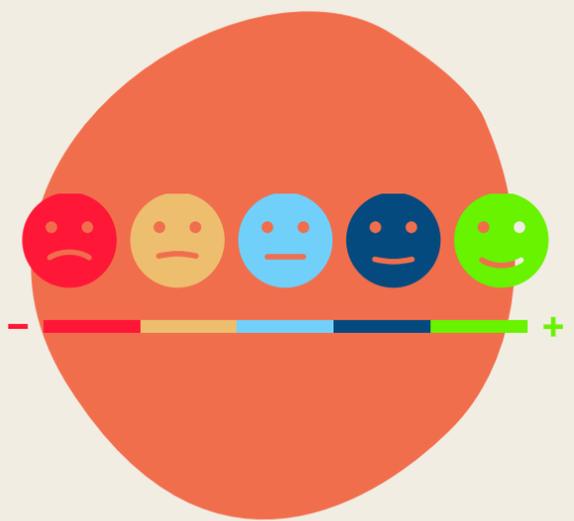


# The Signs of Distress

## Emotions

- Depressed or elevated mood
- High stress levels
- Anxiety or difficulty sitting still
- Anger
- Excessive fluctuations in mood
- Expressing suicidal / homicidal thoughts or plans



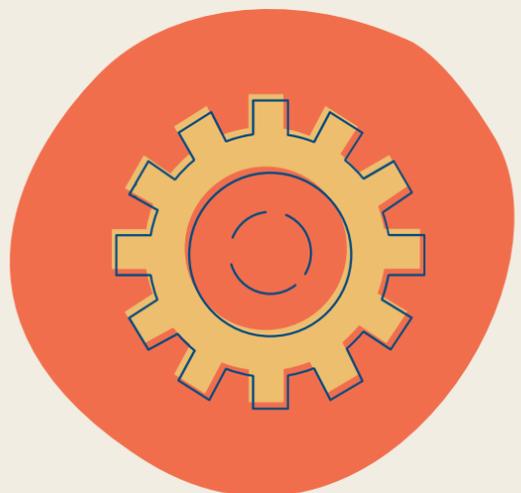
## Behaviors

- Disruptive behaviors
- Changes in academic performance
- Changes in classroom participation
- Lack of interest
- Outbursts and Threats of violence
- Withdrawal from peers, activities
- Excessive absences



## Changes in functioning

- Major changes in sleep/nutrition
- Lack of Caring for self and or others
- Difficulty managing general daily living skills



## Responding to Distress

- **Respond immediately to problem behaviors before they increase**
- **Consult and seek advice when needed**
- **Keep interactions with individual calm and respectful**
- **Document problem behaviors**
- **Clearly state behavior expectations for the setting**
- **Provide accommodations when appropriate**
- **Suggest additional services as appropriate**

*Contact us at the health and Wellness Center*

*315-792-3094*

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