

SIGNS OF DISTRESS

- Nervousness, agitation, or irritability
- Infrequent class/work attendance
- Excessive crying, sleeping
- Changes in routine behavior
- Changes in personal or work relationships
- Deterioration of hygiene
- Undue aggressive or abrasive behavior
- Bursts of anger and blaming
- Fearfulness
- Avoidance or withdrawal
- Frequent alcohol and/or drug use, smoking
- Frequent gambling

Warning signs that there is a **SAFETY RISK** can be:

- Prolonged periods of distress/overload
- Talking about or threatening suicide
- Thoughts or statements like, “I want this all to end” or “I can’t go on anymore”
- Significant confusion or isolation
- Bizarre, alarming, and/or dangerous behavior
- Thoughts or statements about hurting or killing others
- Symptoms of depression (frequent crying, insomnia, oversleeping, weight loss/gain, loss of pleasure)
- Feelings of helplessness and hopelessness
- Engaging in self-harm

IT' OK TO ASK SOMEONE:

Have you thought about hurting yourself or others?

Have you thought about suicide?

Have you made a plan for suicide or hurting someone else?

**Check out these ideas for starting an awkward conversation,
as well as what to say during and after the conversation:**

Seize the Awkward

When you or someone you know is in distress and in danger...

CALL 911