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
HWC@Utica.edu