

Addendum B - Symptoms of Emotional Distress

| Symptoms of Emotional Distress | | |
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| <p style="text-align: center;">Low Risk</p> <p>Depressed, irritable, or apathetic mood Rapid mood swings accompanied by excessive talkativeness, activity level, or excitability Extremely poor academic performance or a change from high to low grades Missed tests or an inability to remain awake in class Excessive absences, especially if prior class attendance was good Unusual or noticeably changed interaction patterns in the classroom (such as withdrawal from family & friends) Noticeable change in appearance and hygiene Verbal expressions of hopelessness or thoughts of death & dying Excessive worrying Significant change in life circumstances (such as job loss, death of a loved one, divorce) Suspected alcohol or drug abuse</p> | <p style="text-align: center;">Moderate Risk</p> <p>History of aggression, violence, bullying, or stalking behaviors Destruction of personal and/or school property Defiance of and/or contempt for authority, rules, limits Excessively argumentative or numerous conflicts in interpersonal interactions Verbal aggression (use of derogatory or profane language) Hostile tone of voice and threatening or intimidating behaviors or body language Comments about weapons or stories of harming others Intense and inappropriate reactions, such as prolonged irritability or angry outbursts Excessive distrust or paranoia of others Perceived harassment, bullying, or ostracizing by others Attempts to isolate self from others Identifying or idolizing individuals who have engaged in acts of violence against others Preoccupation with weapons, violent events or activities, or hate groups Communications (either verbal, written, or via email) containing aggressive and possibly violent content Suspected alcohol or drug abuse</p> | <p style="text-align: center;">High Risk</p> <p>Verbal or written threats to harm self or others Recent attempts to obtain weapons Self-injurious behaviors (such as self-cutting, self-burning) Preparing for death (such as giving away possessions, saying goodbye, writing a will) History of previous suicide attempts Loss of contact with reality (seeing/hearing/feeling things not apparent to others, thoughts or behavior inconsistent with reality) Disturbed speech or communication content (incoherent speech, grandiose beliefs, disorganized or rambling or paranoid thoughts)</p> |