

TYPICAL SIGNS OF DISTRESS IN STUDENTS



DEFIANCE/IRRITABILITY



OVER PLANNING



NEGATIVITY



INABILITY TO FOCUS



HOPELESSNESS



EATING HABIT CHANGES



SLEEP PATTERN CHANGES



DECREASED INTEREST IN ACTIVITIES



PERSISTENT SADNESS



SELF-DESTRUCTIVE THOUGHTS/BEHAVIOR

**FOR ADDITIONAL SUPPORT OR QUESTIONS:
SCHOOL.MENTALHEALTH@K12.DC.GOV**