

Are you worried about your student?
Is your student struggling?



WE CAN HELP!



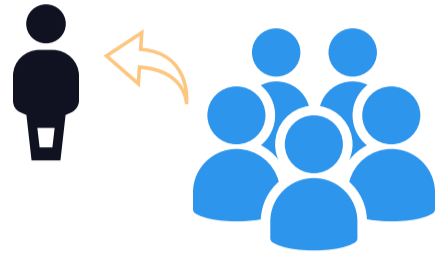
Early Warning Signs

01 Difficulty Concentrating



Trouble focusing, poor performance, hyperactivity. The student may seem constantly distracted.

02 Avoids Social Interactions or School



Child finds excuses to be alone. Is uninterested in the activity presented to them.

03 Drastic Changes in Eating Habits



Overeating, loss of appetite, vomiting, or using laxatives.

04 Intense Emotions



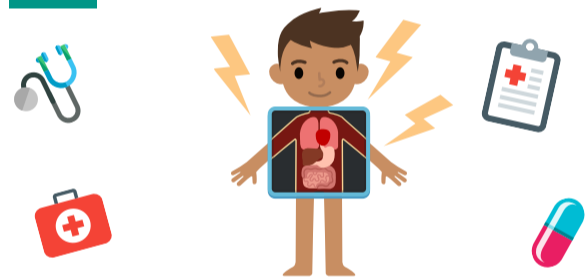
Constant feelings of overwhelming fear or worry. A constant state of anxiety that does not have a clear source.

05 Mood Changes



Feelings of sadness or withdrawal, ongoing anger or irritability, severe mood swings, isolation, avoiding activities that were previously enjoyed.

06 Physical Symptoms



Chronic headaches, stomachaches, other types of aches.

07 Physical Harm



Self-injurious behavior such as cutting, reckless behavior that could lead to injury, thoughts or talk of suicide, threats and harm to others or oneself.

08 Behavior Changes



Drastic changes in behavior including acting up, fighting, use of weapons, isolation, poor sleeping patterns.

How You Can Help



If you notice any of these early warning signs, please contact your school's counseling staff to consider all available options.

Cristofaro - bnadalcristofaro@crec.org;

Venitosh - hvenitosh@crec.org; Weisel - jweisel@crec.org;

Sondrini - lsondrini@crec.org; Dadario - ldadario@crec.org;

Zadrowski - kzadrowski@crec.org; Martin - jmartin@crec.org;



COMPUTER SCIENCE AND ENGINEERING HIGH SCHOOL

is offering school-based mental health services in partnership with:

