

Signs and Symptoms

What should I look for

Depression

- Loss of energy
- Overwhelming Sadness
- Withdrawn
- Loss of Interest
- Difficulty focusing
- Insomnia/Over sleeping
- Frequently missing classes
- Changes in weight
- Frequent muscle pain or headaches



Self-Harming

- Low Self Esteem
- Detached or Unreactive
- Mood Disorders or Depression
- Long Sleeves worn year round
- Past Trauma



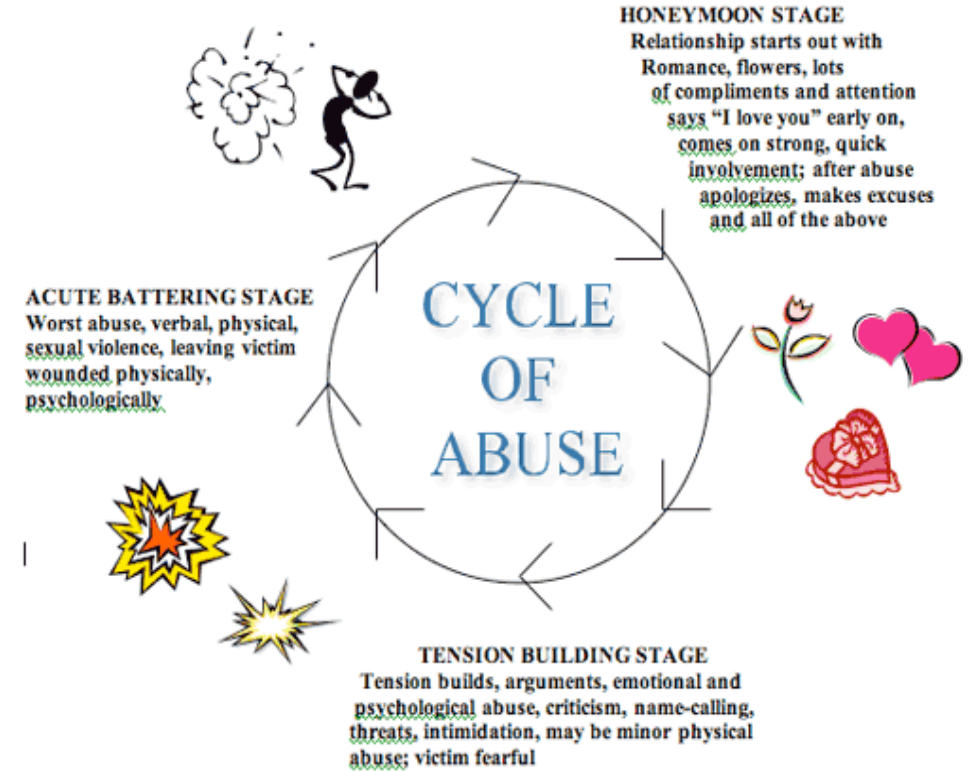
Anxiety

- Fidgety or Nervousness
- Irritability
- Issues with Testing only
- Sweating
- Stomach Issues
- Fast paced Speech



Abusive Relationship

- “Frequent Accidents”
- Isolated from Family and/or Friends
- Personality Changes
- Rarely Seen without Partner
- Eager to please their Partner



Addiction

- Excessive absences
- Denial of any issues or Bolstered Excuses
- Mood Swings
- Personality Changes
- Physical Deterioration
- Excessive drowsiness or energy

Suicidal

- Isolation
- Reckless Behaviors
- Drastic Changes in moods or behaviors
- Hopelessness/Poor Motivation
- Anger
- Signs of a Plan.....
- Giving things away



What should you do??

- If you have a student that is exhibiting these signs or symptoms, **talk to them**
 - Approach them individually
 - Ask them to talk to you about what is going on
 - Give them a safe environment
 - Let them know you are there to help
 - Let them know you care
 - Refer them to the counseling center as needed
 - Katie Sauls, MA, LPC, NCC, ALPS, AADC – Director of Counseling at WVU Tech
 - Student Life House, 505 S. Kanawha Street, Beckley WV 25801
 - Phone: 304.929.1237 or Email: Kathleen.sauls@mail.wvu.edu