

# SIGNS & SYMPTOMS

TAKE TIME. **CHECK IN.**

## **"I'M THINKING AND ACTING DIFFERENTLY"**

I'M STRUGGLING IN SCHOOL

I'M THINKING ABOUT HURTING MYSELF

I'M TALKING TO MYSELF NEGATIVELY

I CAN'T STOP OBSESSING ABOUT THINGS

I CAN'T CONCENTRATE

I DON'T WANT TO BE AROUND MY TEAMMATES OR PEERS

I CAN'T MAKE DECISIONS

## **"I HAVE DIFFERENT EMOTIONS"**

I FEEL OVERWHELMED

I FEEL LIKE MY EMOTIONS ARE OUT OF CONTROL

MY MOOD KEEPS CHANGING

I HAVE NO MOTIVATION FOR SCHOOL OR SPORTS ANYMORE

I FEEL MORE FRUSTRATED THAN USUAL

I CAN'T STOP WORRYING

## **"I FEEL A PHYSICAL DIFFERENCE"**

I'M SLEEPING TOO MUCH OR TOO LITTLE

MY WEIGHT KEEPS CHANGING

I'M HUNGRY ALL THE TIME

I HAVE NO APPETITE

I'M EXHAUSTED

I KEEP GETTING STOMACH ACHES AND HEADACHES