

Any single warning sign alone may not necessarily indicate a severe distress. The utility of intervention and assistance is likely going to be related to the weight each of us puts on a sign or symptom, as well as whether or not several signs and symptoms co- exist.

WARNING SIGNS

Distress	<i>unusual nervousness tension worry cannot complete tasks</i>
Moods	<i>sad or depressed appetite/sleep issues poor self-esteem feeling hostile or angry</i>
Thoughts	<i>to harm self or others being overwhelmed distracted</i>
Behavior	<i>acting in atypical ways socially withdrawing missing class or labs pattern of attention seeking</i>
Situational	<i>death of someone loss of some kind adjustment problems</i>

TIPS ON INTERVENTION

- * Be attentive to those around you
- * Offer to help, or to get help
- * Make no promises of confidentiality
- * Do not offer personal suggestions and advice
- * Listen
- * Take action; remind them of the availability of resources
- * Report to appropriate authorities anyone who may present with danger to self or to others

REMEMBER... we are the LECOM family and need to look out for each other. Be attentive. Ask questions. Have the conversation. That might make all the difference for that individual. We are also responsible to care for ourselves. Please do not hesitate to reach out for support when you need it. There is nothing negative about that. It is easier to address concerns before they get big. As a future helping professional, self-care is essential to your wellness.

IF IT IS AN EMERGENCY: CALL! Do not email. We want to make sure it gets addressed IMMEDIATELY and email may not be seen until the next business day. Use the card in your badge holder. It is meant to be used. That is what we are there for.