



# MENTAL HEALTH WARNING SIGNS



There are many warning signs which indicate that a young people (YP) is experiencing mental and emotional health issues. All staff should remain vigilant to these warning signs and **always** take them seriously. Staff should communicate these concerns with Pupil Support or the Child Protection Co-ordinator

- Changes in eating/ sleeping habits
- Changes in activity level e.g. giving up hobbies
- Expressing feelings of failure, uselessness or loss of hope
- Increased isolation from friends/ family, becoming socially withdrawn
- Changes in clothing - long sleeves in summer
- Change in academic achievement ( +/-)
- Signs of physical harm that are repeated or appear non-accidental
- Failure to take care of personal appearance
- Talking/ joking about self-harm or suicide
- Abusing drugs/ alcohol
- Changes in activity/ mood
- Repeated physical pain or nausea with no evident cause
- Increase in lateness/ absenteeism
- Secretive behaviour
- Difficulties with peer relationships
- Spending more time in bathroom
- Seeming overly cheery after bout of depression

