

For Family or Friends\*

<p><b>Cognitive Symptoms</b></p> <ul style="list-style-type: none"> <li>Memory problems</li> <li>Inability to concentrate</li> <li>Poor judgment</li> <li>Seeing only the negative</li> <li>Anxious or racing thoughts</li> <li>Constant worrying</li> </ul>	<p><b>Emotional Symptoms</b></p> <ul style="list-style-type: none"> <li>Moodiness</li> <li>Irritability or short temper</li> <li>Agitation, inability to relax</li> <li>Feeling overwhelmed</li> <li>Sense of loneliness</li> <li>Depression or persistent sadness</li> </ul>
<p><b>Physical Symptoms</b></p> <ul style="list-style-type: none"> <li>Aches and pains</li> <li>Diarrhea or constipation</li> <li>Nausea</li> <li>Dizziness</li> <li>Chest pain, rapid heartbeat</li> <li>Frequent illness</li> <li>Loss of sex drive or vast increase in sexual activity</li> </ul>	<p><b>Behavioral Symptoms</b></p> <ul style="list-style-type: none"> <li>Eating more or less, extreme weight loss or gain</li> <li>Sleeping too much or too little</li> <li>Isolating/withdrawing from others</li> <li>Procrastinating or neglecting responsibilities, deteriorating academics</li> <li>Using alcohol, cigarettes, or drugs to relax</li> <li>Nervous habits (i.e. nail biting, pacing)</li> <li>Major shifts in typical personality/behaviors</li> </ul>

*\*Keep in mind that noticing one symptom does not necessarily indicate a mental health concern; usually the combination of multiple symptoms and/or duration of symptoms can indicate distress.*

For Faculty/Staff\*

<p><b>Cognitive Symptoms</b></p> <ul style="list-style-type: none"> <li>Memory problems</li> <li>Inability to concentrate</li> <li>Poor judgment</li> <li>Delusional Thinking</li> </ul>	<p><b>Emotional Symptoms</b></p> <ul style="list-style-type: none"> <li>Moodiness</li> <li>Irritability or short temper</li> <li>Agitation, inability to relax</li> <li>Appearing overwhelmed or intensely anxious</li> <li>Depression or persistent sadness</li> <li>Frequent tearfulness/crying</li> </ul>
<p><b>Physical Symptoms</b></p> <ul style="list-style-type: none"> <li>Frequent illness</li> <li>Major changes in personal hygiene and grooming</li> <li>Extreme weight loss or gain</li> <li>Appear dazed</li> </ul>	<p><b>Behavioral Symptoms</b></p> <ul style="list-style-type: none"> <li>Falling asleep in class</li> <li>Incoherent speech</li> <li>Withdrawing from others</li> <li>Disturbing coursework</li> <li>Deteriorating academics: decreased quality of work, repeated requests for special consideration or extensions, pattern of low grades, missing assignments or class, less participation</li> <li>Signs of excessive alcohol or drug use</li> <li>Threatening statements or behaviors</li> <li>Disruptive behaviors</li> <li>Nervous habits (i.e. nail biting, pacing)</li> <li>Major shifts in typical personality/behaviors</li> </ul>

*\*Keep in mind that noticing one symptom does not necessarily indicate a mental health concern; usually the combination of multiple symptoms and/or duration of symptoms can indicate distress.*