

## QUICK TIPS

### Recognizing Mental Health Concerns

April O'Grady

Topic

Recognizing mental health concerns

•

Focus/Purpose

Identify signs of distress and how to address them

•

Key Takeaways

- Many students come from backgrounds associated with trauma.
- Trauma leads to increased levels of anxiety, depression, substance abuse, self-harm
- Distress is communicated by both explicit statements and observable behaviors.
- All staff have the opportunity to help, either with small interventions (eye contact, smile, greeting) or more detailed ones (validating their experience, problem solving).