

# Signs & Symptoms that Your Student is Struggling with Mental Health & Needs Help

Do you think a student is struggling with mental health? These are the signs and symptoms to watch for and confirm whether they need help.



## 1. SOCIAL ISOLATION

Sometimes, students will withdraw from their peers if they are being bullied, experiencing depression, anxiety, or other mental health problems. Social isolation is strongly linked to loneliness and substance use, so it is important to notice these signs of mental health issues in a student.



## 2. SUICIDAL IDEATION

Students struggling with mental health issues may be planning out a suicide attempt and engaging in other acts of self-harm indicate underlying problems. In some cases, the student will follow through on these feelings and plans.



## 3. FEELINGS OF SADNESS

Unfortunately, it's fairly normal for teens to experience sadness, angst, and anger from time to time. The most important thing is to pay attention to the duration of these mental health signs. If a teenager is sad, depressed, or withdrawn for more than two weeks, it can potentially be a sign of an underlying problem.



## 4. NOT EATING

This is another one of the most important signs of mental health issues in a child to look for. Not eating can be an indication of anorexia, bulimia, or disordered eating. In addition, this is one of the most common mental health symptoms for a range of disorders, like depression and anxiety.



## 5. BEHAVIOR CHANGES

Suddenly skipping school, getting bad grades, and hiding things are all mental health symptoms you should watch out for. These mental health signs may be connected to a mental health disorder or substance use. At the very least, the teen may be spending time with new, negative influences.



## 6. NEW PHYSICAL COMPLAINTS

Sometimes, physical symptoms can also be signs of mental health problems. For example, many people who have anxiety suffer from headaches and stomachaches. It's also normal for people to experience insomnia and appetite changes when they're depressed.



## 7. SEVERE MOOD SWINGS

Symptoms of mental health disorders can involve severe mood swings. If these mood swings are from mood disorders, the student may engage in risky behaviors, suicidal ideation, and other problems. Sometimes, mood swings and erratic behaviors are the results of substance use as well.

## Help Students Get the Mental Help They Need

When you notice these mental health symptoms, it's important to take action. Depending on the mental health signs you see, the action you take can vary. If you are concerned about a student or a loved one, you can reach out to Houston Behavioral Health today to learn more about how we can help.