

It is OK, not to be OK!

If you are concerned about someone's mental health, please inform the relevant Guidance Teacher or someone else who can help.

In a **medical emergency**:

- Stay with the person and ask someone to alert the office.

Changes in behaviour
e.g. withdrawn,
exercising excessively
or obsessing that
something bad is going

Changes in
clothing e.g.
long sleeves in
summer.

Changes in
eating/sleeping
habits and activities
e.g. giving up
hobbies. clubs.

Becoming socially
withdrawn,
disengaged or
'closed off'.

Aggressive
responses to
offers of support.

Regular illness e.g.
stomach pains,
headaches.

Deterioration in
physical
appearance.

Expressing feelings
of failure,
uselessness, or
despair.

Changes in
concentration
levels.

Signs of distress e.g.
breathlessness,
trembling, fidgeting
or tearfulness and/or
self-harm.

Talking about
self-harm or
suicide.

Frequent
absences from
school.