Enclosure No. 6

Behaviors and Situations Indicative of Possible Mental Health Concerns or Conditions among Learners

The everyday interaction between the teacher and learners provides the teacher an opportunity to observe changes in the behavior and attitude of learners. Through the use of this checklist the classroom teacher can identify students who may need help.

It is important to remember that teachers

- are not expected to play the role of professional mental health care providers; and
- cannot, and should not, diagnose mental illness.

The presence of a number of these behaviors/situations is NOT a diagnosis of the mental condition of the learner. To ensure proper assessment of the needs of learners concerned, teachers shall report any concerning observation to their school counselor, guidance advocate, or other personnel in charge of coordinating the School Mental Health Program or facilitating the provision of mental health services, including referral.

This guide may also be used by other school personnel.

1. Changes in Behavior and Mood	
Increased/ Decreased Social Interaction	● Becoming quieter or more talkative than usual ● Declining to join social activities ● Becoming withdrawn and avoiding others ● Having a lack of social contact ● Withdrawal or isolation during class activities ● Isolate themselves; withdrawal from others
Irritability and Emotional Dysregulation	● Becoming more irritable, agitated, moody, stressed, or anxious than usual ● Expressions of worry, anxiety, and/or fear ● Unaccountable rage, anger, and/or aggression ● Becoming angry; angry outbursts towards others ● Overly irritable or hostile ● Becoming irritable
Strange or Unusual Behavior	● Behaving strangely ● Talking and/or writing about things that do not make sense (including online behavior)
Displaying Other Out of Character Behaviors	● Giving away possessions ● Saying goodbye to loved ones
2. Changes in Physical Well-being and Appearance	
Changes in Appearance and Hygiene	● Neglecting personal appearance and/or well-being ● Unkempt appearance ● Changes in physical appearance ● Poor hygiene
Sleep and Eating Disturbances	● Sleeping or eating too little or too much ● Having sleep problems
Physical Complaints and Injuries	● Complaints of unexplained pains ● Bruises, burns, cuts, or scars on the body ● Becoming easily fatigued; decreased energy

3. Loss of Interest and Motivation	
Lack of Engagement	• Sudden loss of interest in previously pleasurable activities • Loss of interest and pleasure in activities • Sudden loss of interest in studies • Inattentiveness
Cognitive Difficulties	• Difficulty concentrating or making decisions • Impaired memory • Reduced concentration and memory
4. Negative Thoughts and Feelings	
Negative Self-Perception and Thoughts	• Expressing frequent negative and/or illogical thoughts • Expressing feelings of hopelessness, helplessness, and worthlessness, and/or perceived loss of control • Developing low self-esteem, comparing self negatively • Frequent self-criticism • Sending/posting moody or morbid messages including expressions of death
Suicidal Ideation	• Threatening or expressing plans to hurt or kill themselves • Thoughts or threat of self-harm
5. Risky or Harmful Behaviors	
Self-Harm and Neglect	• Tendency to hurt self • Unexplained self-injury or self-harm • Self-injury or self-harm
Substance Use	• Excessive smoking and/or drinking • Drug abuse • Substance abuse, alone or with classmates
Rebellious/Aggressive Behavior	• Display of defiant behavior
6. Changes in Responsibility and Attendance	
Academic Decline	• Getting poor grades in schools
Truancy and Avoidance	• Unexplained and repeated absence or truancy • Frequently getting detention or being disciplined • Poor time management • Neglect of responsibility • Faking sick • Skipping schools or cutting classes without reason