



# Should I Be Worried About My College Student?

## Signs of Mental Health Struggles

- What Your Child Might Say
  - 'I feel sad a lot.'
  - 'I restrict what I eat each day.'
  - 'I smoke weed on a regular basis - it helps me stay calm or sleep.'
  - 'Nobody knows it, but I cut myself sometimes.'
  - 'Sometimes I wonder what it would be like if I wasn't here'
- Behaviors to Look For
  - Missing class
  - Change in contact frequency
  - Distracted
  - Change in physical appearance
  - Isolating
  - Difficulty concentrating
  - Expressing hopelessness

## Depression vs. Anxiety

Depression = Excessive Sadness

Anxiety = Excessive Worry



**Sudden shifts can be warning signs.**

**Follow your gut and don't panic.**

