

## Symptoms of Students in Crisis

<ul style="list-style-type: none"><li>• Sleep and eating disturbances</li><li>• Act as if death never happened</li><li>• Fear of dark</li><li>• Aggressiveness</li><li>• Physical Complaints</li><li>• Extreme sadness and reluctance to participate in activities</li></ul>	<ul style="list-style-type: none"><li>• Loss of appetite</li><li>• Regression in behavior</li><li>• Withdrawal from family/friends</li><li>• School Avoidance</li><li>• Delinquent behavior</li></ul>
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## Suggestions for Assisting Students

- Acknowledge and normalize their feelings. Encourage them to talk but respect their right not to.
- Provide healthy alternative ways for them to express themselves (writing in a journal, drawing, playing music, etc).
- Remind them that everyone has a right to grieve and a right to grieve in their own way.
- Help them understand that people show their emotions differently.
- Try to maintain a normal routine.
- Listen and observe. Share your concerns with appropriate support personnel
- Spend family time together
- Emphasize people's resiliency. Help identify ways they have coped in the past.
- Help your child get plenty of sleep, eat regular meals and exercise
- Remain calm, reassuring
- Openly express your affection to your child
- Do not neglect your own needs.
- Talk to other adults, support personnel, or someone from place of worship.

## Where to Get Additional Support

- 911
- National Suicide Prevention Lifeline 1-800-273-8255
- School Counselors and School Psychologists
- School Resource Officers