

Ross Szabo's Watch for Warning Signs

Provided by The Jed Foundation and the campus outreach website www.halfofus.com

- Feelings of hopelessness or being trapped
- Anxiety and agitation
- Impulsive, reckless behavior
- Social withdrawal
- Uncontrollable anger or feelings of revenge
- Fatigue
- Increased alcohol or drug use
- No appetite or increased appetite
- Dramatic mood swings
- Sense that life has no purpose
- No interest in activities
- Insomnia or increased sleeping
- Feelings of worthlessness or guilt
- Depressed mood
- Thoughts of suicide or death