

Should I be concerned?

- It can be hard to know when you should be concerned about youth mental health challenges
- When these behaviors cause significant problems in their functioning at home, school, hobbies, or important social relationships we need to learn more.

1



Frequency

How often does the behavior occur in a certain time period?
We are trying to get a baseline frequency (day, week, class period, month).
Is it one behavior or several?

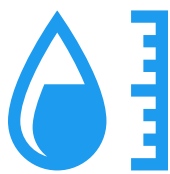
2



Duration

How long does the behavior last?
Minutes? Hours? Days?
How long does it take the youth to recover?

3



Intensity

How severe is the behavior?
What's the intensity on a scale of 1-5?

4



Pervasiveness

Does the behavior generalize?
Does it occur across context?
At school, home and community?

5



Trust your intuition

Listen to your intuition. Check in with a trusted colleague if you feel concerned

If you are concerned about a student after considering the five keys, reach out to the mental health professional in your school.