



SYMPTOMS OF DISTRESS IN KIDS

SAD -A- FACES

S= Sleep (sleeplessness or excessive sleep)

A= Appetite (increased or decreased)

**D= Dysphoria (persistent sadness, crying/outbursts,
unwellness, hopelessness)**

**A= Anhedonia (not feeling pleasure in activities normally
pleasurable)**

F= Fatigue (low energy & **physical complaints)

**A= Agitation/retardation (irritability/anger, withdrawal, ↓
function, change)**

**C= Concentration (difficulty concentrating; impaired
thinking)**

E= Esteem (feeling worthless; ↑ sensitivity to rejection)

S= Suicidal thoughts (death thoughts)