

All students have ups and downs that are associated with normal development. This includes feelings of stress, sadness or worry. This may present as brief changes in behavior such as moodiness, trouble with family/friends or changes in academic performance.

However, normal challenges may sometimes grow into more serious difficulties. In addition to the normal developmental stressors that occur, other factors may sometimes exacerbate a student's mood and behavior. This may include family stressors, reactions to the ongoing pandemic, and reactions to the current political unrest. These situations may exacerbate a child's mood and behavior.

The following is a list of potential signs your child may be significantly struggling with stress, anxiety, or depression and signs that it may be time to reach out to a counselor:

1. Demonstrates a significant change in sleep habits or eating habits, i.e., sleeping more or less than usual, or eating more or less than usual, or significant changes in weight
2. Withdraws from family or friends, or activities that they used to enjoy.
3. Shows excessive worry about the future
4. Expresses unusual and/or persistent feelings of hopelessness, sadness or worry
5. Engages in negative behavior more frequently
6. Has problems in multiple areas of life, such as family relationships, academic performance, leisure activities, and friendships.
7. Talks about or engages in any kind of self-harm
8. Starts feeling bad about himself or herself, feeling less confident
9. Makes comments like "I wish I weren't here," or "Nobody would care if I ran away."
10. Talks explicitly about suicide.

If you have questions or concerns about your child, please reach out to one of the school's counselors and/or psychologists (585-374-7900) or to your child's pediatrician.