



Identifying Mental Health Concerns During Distance Learning

Recognizing indicators of Depression, Anxiety, ADHD, and more through a new lens



HOW CAN YOU IDENTIFY SYMPTOMS VIRTUALLY?

- Listen Thoughtfully
- Observe Carefully
- Relate Purposefully
- Consult
- Refer

ARE YOU NOTICING ANY OF YOUR STUDENTS DISPLAYING ANY OF THESE?

- School Refusal
- Decrease in School Performance
- Visible Prolonged Sadness
- Falling Asleep in Class
- Extreme Difficulty Concentrating
- Comments or Writings Suggest Self-Harm
- Poor Hygiene
- Appearing Confused
- Inability to Cope
- Excessive Anger, Hostility or Violence
- Detachment from Reality/ Daydreaming
- Fidgeting
- Not Responding When Called Upon



HOW CAN YOU HELP?

- Notice Facial Expressions
- Ask open ended questions that express genuine care
- Use objects in the room, such as toys, to create connection
- Examine: Is something "off" about the student or the situation
- Consult with an expert: Refer as needed

