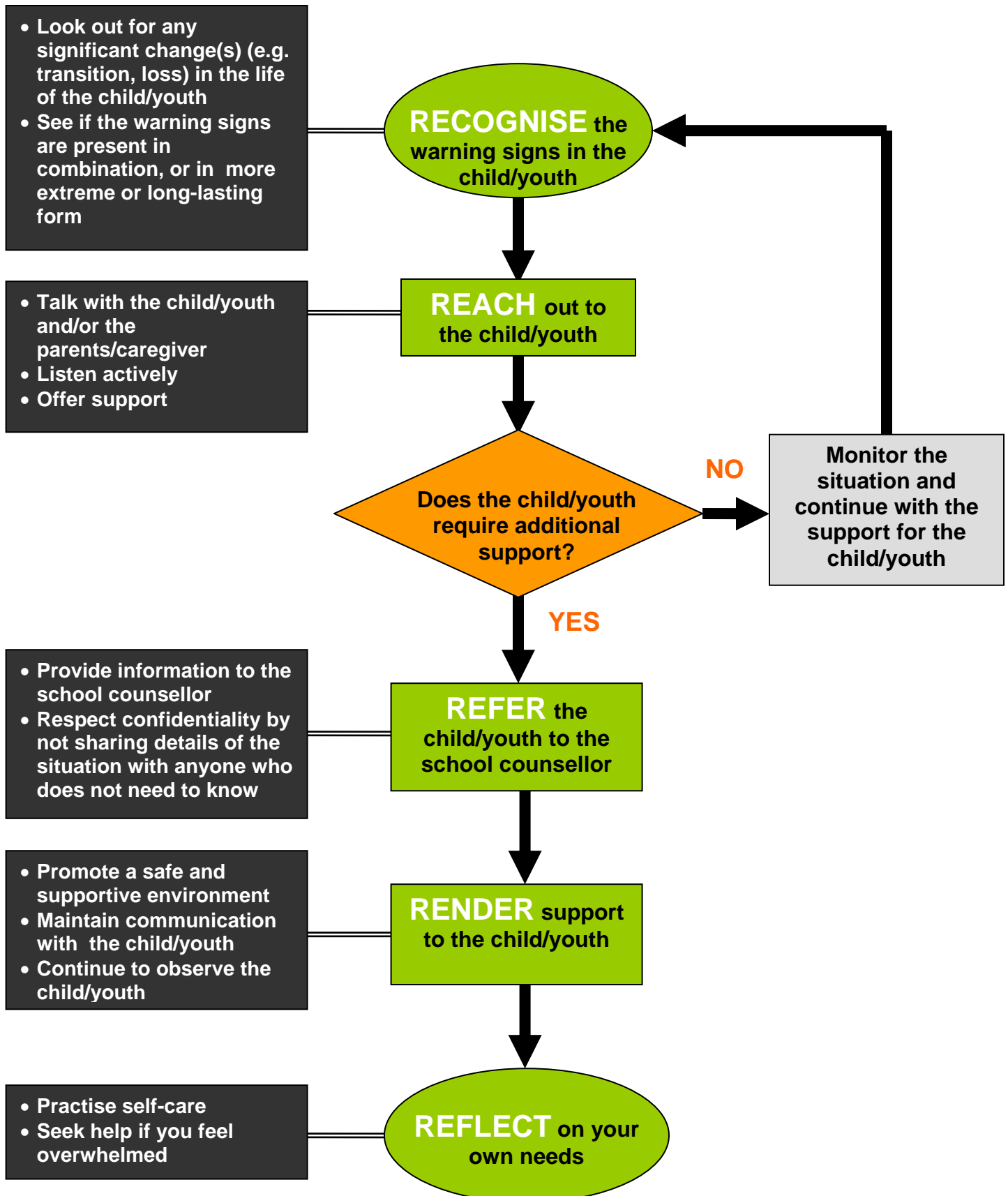


RESPONSE flowchart

The RESPONSE flowchart serves as a guide when you become concerned that a child or youth may possibly be expressing mental health difficulties. The 5Rs, **Recognise**, **Reach**, **Refer**, **Render** and **Reflect**, highlight the possible actions that you can take.



WARNING Signs

The common warning signs may indicate a student's need for additional support or professional advice. To help you remember, they are listed as the 8As or '8 Alerts'. If these signs are present in combination, or in more extreme or long-lasting form, it might be an indicator that the student is experiencing significant social or emotional distress with potential for long term consequences.

Abrupt Changes

- Behaviour, moods and/or personality
- Sleeping and/or eating habits
- Likes and/or dislikes

Academic Disengagement

- Unexplained and repeated absence or truancy
- Inattentiveness or unusually disruptive behaviour
- Unexpected deterioration in academic performance or underachieving

Anguished Behaviour

- Ideas and themes of death, suicide or self-harm (statements that life is not worth living)
- Feelings of hopelessness, helplessness and worthlessness, and/or perceived loss of control
- Expressions of worry, anxiety and/or fear

Avoidant Behaviour

- Becoming withdrawn
- Avoiding others
- Having a lack of social contact

Anti-social Behaviour

- Unaccountable rage, anger and/or aggression
- Overly irritable or hostile

Negative **A**ffect

- Mood swings
- Occasional emotional outbursts

Neglect of **A**pppearance

- Unkempt appearance
- Poor hygiene

Substance **A**buse

- Excessive smoking and/or drinking
- Drug abuse