

**COUNSELING & PSYCHOLOGICAL SERVICES
APPALACHIAN STATE UNIVERSITY**

**HOW TO IDENTIFY A DISTRESSED STUDENT
- P.E.C.S. BEHAVIORS/SYMPTOMS CHECKLIST -**

PHYSICAL

- Sleep disturbance
- Appetite disturbance
- Excessive fatigue
- Hyperactivity/excessive exercise
- Rapid weight loss/gain
- Recurrent physical problems
- Headaches
- Intestinal problems
- Accidents or injuries
- Frequent visits to the Health Center

COMMUNICATION OF THOUGHTS

- Talk of suicide
- Denial of real problems
- Confusion

EMOTIONAL

- Crying
- Screaming
- Anger
- Irritability
- Depression
- Excessive anxiety
- Grief/loss
- Mood swings

SOCIAL

- Withdrawal from friends/peers
- Abuse of alcohol or other drugs
- Aggressive acting-out behavior
- Poor hygiene or appearance
- Bizarre behaviors (risk taking, inappropriate or regressive behaviors)
- Academic problems/not attending class
- Involvement in abusive relationships
- Family conflict
- Change in financial or social status

The above guidelines are provided to help you detect problems that may indicate the need for a referral to the Counseling Center. When behaviors or symptoms interrupt a person's normal, daily functioning, they can be indicative of a more serious concern. If these behaviors/symptoms persist and seem severe or troubling, talking with the student to facilitate a referral to the Counseling Center is appropriate.