

When should you or someone you care about seek counseling

- ✘ Changes in an individual's usual behavior
- ✘ Increasing irrational or aggressive behavior
- ✘ Seeming sad or depressed
- ✘ Increased isolation or withdrawal from people
- ✘ Lack of energy
- ✘ Odd behavior or speech
- ✘ Sudden decline in school performance
- ✘ Changes in personal hygiene and/or dress
- ✘ Increased anxiety
- ✘ Sudden changes in behavior

☒ Abuse of alcohol/drugs

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