



# Observing the signs

## ▷ COMMON SIGNS OF SELF-DENIAL/ DISTRESS

**N**  
 For example: missing classes, assignments done poorly or handed in late, decrease in participation in class activities, confusing written assignments.

**N**  
 For example: poor hygiene, confusion, emotional upset, lack of emotion, difficulty focusing, agitation, verbal disruption, social isolation.

**O**  
 For example: indications in written communication (emails, texts, assignments) of confusion, conflict, concerns for personal safety, or possible threats to others

**E**