SIGNS THAT MAY SUGGEST DISTRESS

- Sudden change in behavior
- Frequent absences from work or class
- Insomnia
- Oversleeping, thus being repeatedly late
- Fatigue, lack of energy
- Appearing sad, malaise
- Appearing distressed or in despair
- Lack of concentration, focus
- Numerous mistakes in their work
- Memory lapses
- Teary – appearing vulnerable and fragile
- Anger-intense and out of character
- Disheveled appearance that is out of character
- Erratic behavior
- Changes in eating or sleeping patterns
- Increase in and/or excessive use of alcohol or other drugs
- When they tell you they are in distress

Stone Center Counseling Service
781-283-2839 (M – F, 8:30 – 4:30)
Emergencies 781-283-2839 (evening and weekends) or Campus Police 781-283-5555 (24 hours)
www.wellesley.edu/Counseling