



**S O U T H E A S T
P S Y C H**

PSYCHOLOGY FOR ALL

Warning Signs of Teen Distress

While every adolescent and situation is different, here are some basic red flags that could be indicators of more significant issues. When in doubt, check with a professional.

- A significant change in behavior
- Aggression or violence
- Brushes with the law, encounters with firearms
- Sexual promiscuity, unsafe sexual practices, pregnancy
- Bingeing, purging, restricted eating
- Social withdrawal (especially if this is a significant change)
- Running away
- Suicidal thoughts
- Self injury (cutting, burning, etc.)
- Substance *abuse*, selling drugs, heavily substance-using peer group
- Multiple accidents, excessive risk taking
- Lack of connection to school or peers
- Truancy, failure, dropout

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