

Behavioural Signposts/Stressors

Mood changes: aggressive, unreasonable, irritability

Social isolation

Suddenly difficult to engage

Impaired functioning/reduced productivity

Withdraws from friends & activities

Sleep & eating patterns change

Abdominal pain, headaches

Nervous: text, instant messages arrive

Pensive, troubled after being on-line/ spending more time on-line

Sleep hygiene

Self-harm

Anxiety, depression

Binge eating

Post traumatic stress symptoms

Suicidal ideation

Absenteeism

