Student Mental Health Checklist

Use this checklist to document behaviors/moods that you have observed for the past two weeks or more:

- Sad, depressed or irritable mood
- Loss of interest in favorite activities
- Significant weight loss or gain
- Restlessness, agitation or anxiety
- Fatigue or loss of energy, including sleeping in class
- Low self-esteem
- Trouble concentrating or making decisions
- Repeated thoughts of death or suicide, expressed verbally or in writing
- Frequent headaches and stomach-aches
- Cutting or other self-injury
- Extreme aggressiveness
- Inattention to appearance
- Excessive risk-taking behavior
- Drop in school performance
- Low tolerance for frustration
- Lack of motivation, apathy
- Disrespect
- Social withdrawal
- Misbehavior
- Unable to store or retrieve information
- Forgotten materials/assignments
- Frequent absences, trips to school nurse
- Crying in class