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## Hot Warning Signs

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Here are some telltale warning signs that you can use to determine whether or not a family member is possibly headed for a crisis.

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Endangering Self or Others	Depression	High Stress	Drug Abuse	Gangs and Violence
<ul style="list-style-type: none"> <li>• Talks about committing a criminal, hostile act, especially toward her/himself, with a plan</li> <li>• Begins to take action toward a plan, such as stockpiling guns, poison or sleeping pills</li> <li>• Gives away prized possessions</li> <li>• Begins to take impulsive risks with himself or others</li> <li>• Begins to neglect his appearance</li> <li>• Abuses drugs or alcohol</li> <li>• Isolates her/himself (running away , dropping out of school, etc.)</li> <li>• Shows dramatic changes in behaviors and mood</li> <li>• Has a close friend or relative who commits a hostile act or suicide</li> <li>• Loses or gains weight</li> <li>• Has trouble sleeping (sleeps excessively or has insomnia)</li> <li>• Shows consistently poor judgment</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of interest in all activities, especially the ones previously interested in</li> <li>• Appetite disturbance with change in weight, either increase or decrease</li> <li>• Difficulty sleeping</li> <li>• Agitation and restlessness</li> <li>• Low energy</li> <li>• High feelings of worthlessness or guilt</li> <li>• Difficulty in concentrating or thinking through solutions</li> <li>• Thoughts of suicide</li> <li>• Hallucinations, delusions or becoming extremely suspicious of others</li> </ul>	<ul style="list-style-type: none"> <li>• Trouble focusing because of a significant traumatic event</li> <li>• Intense fear, helplessness or horror</li> <li>• Withdrawal of emotional response to everything (detachment, numbing)</li> <li>• Reduction of awareness of environment (being in a daze)</li> <li>• Memory losses, especially about a traumatic event</li> <li>• Nightmares and recurrent images of fearful thoughts</li> <li>• Poor concentration</li> <li>• Irritability and restlessness</li> <li>• Sleeping problems</li> </ul>	<ul style="list-style-type: none"> <li>• Change of friends, new best friend uses drugs</li> <li>• Careless about personal appearance</li> <li>• Decline in participation at home</li> <li>• Diminished interest in hobbies, sports or favorite activities</li> <li>• Irritability , extreme shifts in mood</li> <li>• Eating and sleeping habits change</li> <li>• Lack of appreciation for family values</li> <li>• Lying</li> <li>• Changes in school performance, tardiness, truancy</li> <li>• Missing money , personal belongings, prescription drugs</li> <li>• Using street or drug language</li> <li>• Eyes are red or glassy or nose is runny with no allergies to blame</li> <li>• Family history of alcoholism or drug abuse</li> <li>• Discovery of pipes, rolling papers, medicine bottles, butane lighters or other suspect paraphernalia</li> </ul>	<ul style="list-style-type: none"> <li>• Admits they are in a gang</li> <li>• Is obsessed with particular clothing attire</li> <li>• Adopts an unusual desire for secrecy</li> <li>• Exhibits a change in behavior and conduct, withdraws from family</li> <li>• Is frequently deceitful about activities</li> <li>• Declining grades in school</li> <li>• Truancy/tardy records</li> <li>• Begins breaking rules frequently</li> <li>• Obsessed with gang music or videos</li> <li>• Shows evidence of physical injuries but lies about causes</li> <li>• Produces unexplained cash, clothing, music CDs</li> <li>• Exhibits use of drugs and alcohol</li> </ul>

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