

RISK

FACTORS

for mental
health concerns



RISK FACTORS

Risk factors show an increase in probability for mental health concerns



losing interest

in things one typically enjoys or cares about



statements

about feeling hopeless, helpless, or worthless



withdrawing

from friends, family, work, school & hobbies



alcohol

increased use of alcohol or other drugs



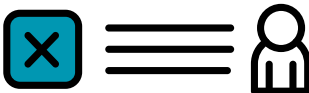
recklessness

engaging in recklessness such as high risk-taking behaviors



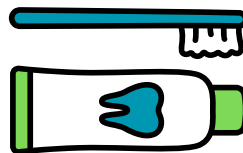
eating patterns

significant changes in eating patterns or weight



not attending

classes, organizational meetings, meals, & other usual activities



hygiene

appearing ungroomed, not attending to personal hygiene, or not taking care of one's appearance



suicidal

talking about suicide, disappearing, not being around anymore, or not wanting to be alive



As specific as these risk factors may sound, they are strikingly common among students who are struggling with mental health concerns.

They are reliable signs of psychological distress. Watch for them in yourself and watch for them in others.

FOR ADDITIONAL SUPPORT

<https://counseling.uiowa.edu>