

When was the last time you asked,

# “Are You OK?”

unusually quiet

minimizing their issues

hypocritical

in standards

spending time alone

anxious

too drunk

missing class

losing relationships

irritable

acting out of character

crying frequently

skipping activities they enjoy

feeling like a burden

irritable

loss of a loved one

despondent

pulling away

## Are you talking to your brothers and sisters?

It's fine to admit you're not an expert. Seek professional assistance.