WARNING SIGNS INDIVIDUALS NEED HELP

The following is a list of symptoms Soldiers, spouses, and children may exhibit in response to stressful situations (including deployment, combat deployment, Soldier injury, and Soldier death). When these symptoms interfere with functioning (including ability to perform job and relationships/interactions with others) or persist, this is an indication professional help should be sought. If an individual shows any signs he/she is a danger to self or others, refer the individual immediately to professional help.

- Uncontrolled or prolonged crying
- Prolonged or serious regressive behaviors (applicable mostly to children)
- Disorganized behavior
- Confusion
- Prolonged or serious eating or sleeping problems
- Prolonged or serious separation anxiety (applicable mostly to children)
- Prolonged anxiety or frequent panic attacks
- School refusal (applicable mostly to children)
- Unexplained and recurring somatic complaints
- Academic performance deterioration (applicable mostly to children)
- Depression
- Prolonged sadness
- Suicidal ideation
- Social isolation
- Uncontrolled anger
- Aggression
- Risk taking behavior (e.g., sexual acting out by children, reckless driving)
- Family violence
- Alcohol/substance misuse
- Acute stress disorder
- Posttraumatic stress symptoms (PTSS) or disorder (PTSD)