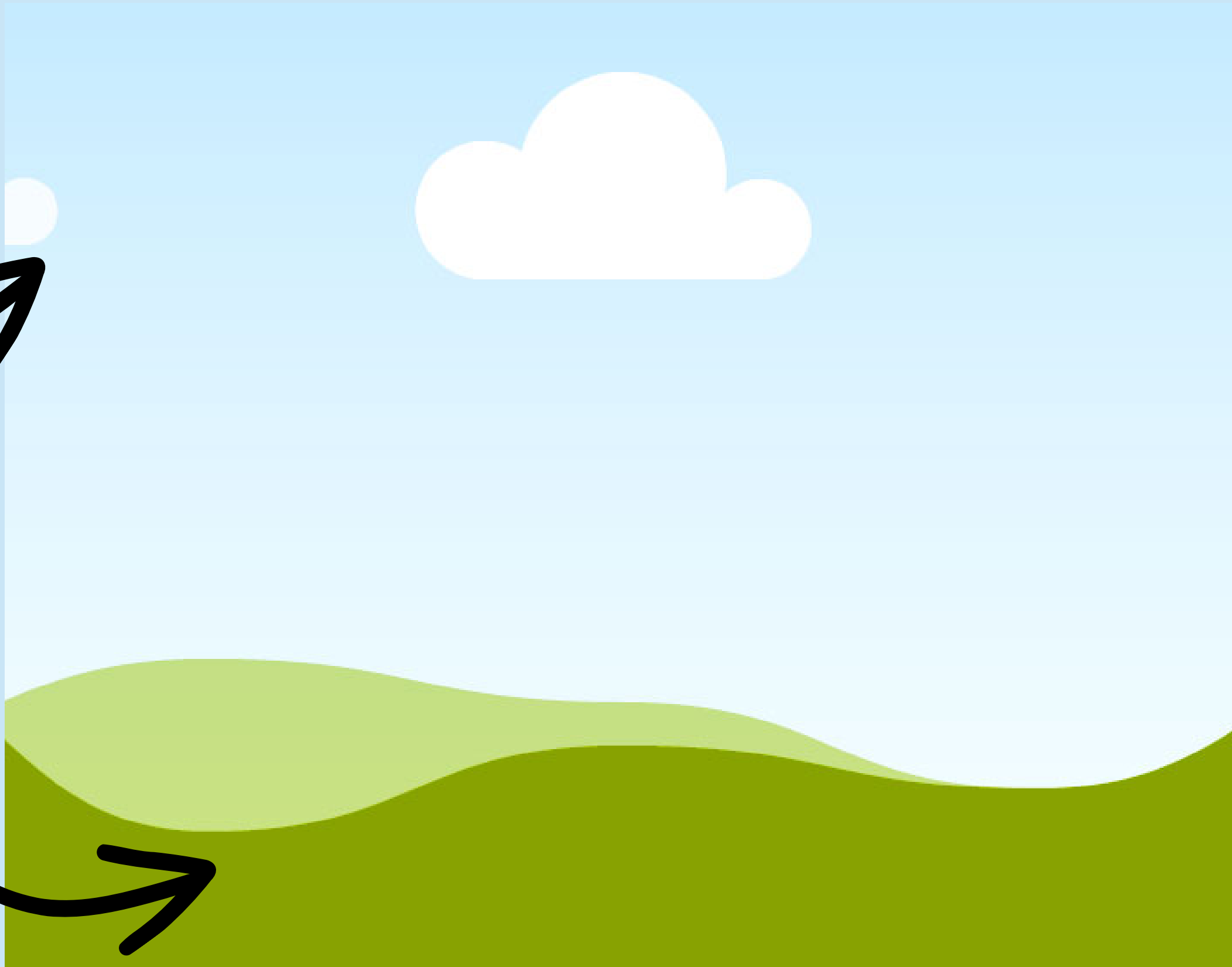


A LITTLE ABOUT THE BRAIN

Reading,
writing, problem
solving, thinking
clearly and
communication



Breathing, heart
rate, movement,
fight, flight or
freeze



Storing and
processing
emotions and
memories

RISKS FOR CRISIS

- Genetic Factors
- Environmental Factors
- Biological Factors
- Life Events
- Trauma
- Social Factors
- Lack of Self-care and Healthy Coping Skills
- Mental Health Disorders
- Substance Abuse
- Technology Overuse



SIGNS & SYMPTOMS OF CRISIS

Social signs

- A sudden change of friends/peer groups - A sudden shift in a teenager's social circle, such as distancing themselves from previous positive friends and associating with negative individuals who have a detrimental influence and encourage negative behaviors
- Lack of a social support network
- Promiscuity
- Isolating
- Avoiding
- The recent death of a friend or close relative
- Divorce and family issues



