

# Create a ~~stigma~~free Campus

**“I know the 10 common warning signs and #IAmStigmaFree”**

## The 10 common warning signs:

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated)
- Seriously trying to harm or kill oneself or making plans to do so
- Severe out-of-control, risk-taking behaviors that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or weight gain
- Seeing, hearing or believing things that are not real (e.g. hearing voices or seeing someone who is not really there)
- Repeated use of drugs or alcohol
- Drastic changes in mood, behavior, personality or sleeping habits (e.g. waking up early and acting agitated)
- Extreme difficulty in concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes

A stigma free campus starts with us!