

Start Here. Go Anywhere!

Indicators of Potential Mental Health Issues

Employees and students, typically do not just “snap,” but display indicators of potentially violent behavior over time. If these behaviors are recognized, they can often be managed and treated. Potentially violent behaviors, by a student or employee, may include one or more of the following:

- Increased use of alcohol and/or illegal drugs
- Unexplained increase in absenteeism, vague physical complaints
- Noticeable decrease in attention to appearance and hygiene
- Depression/withdrawal
- Resistance and overreaction to changes in policy and procedures
- Repeated violations of code of conduct or policy
- Increased severe mood swings
- Noticeable unstable, emotional responses
- Explosive outbursts of anger or rage without provocation
- Suicidal; comments about “putting things in order”
- Paranoia, “everybody is against me”
- Increasingly talks of problems at home
- Escalation of domestic problems into the workplace, talk of severe financial problems
- Talk of previous incidents of violence
- Empathy with individuals committing violence
- Increase in unsolicited comments about firearms, other dangerous weapons and violent crimes

(This list of behaviors is not comprehensive nor is it intended as a mechanism for diagnosis)