

# TIPS PREVENT

## Examples of concerning behaviors or situations:

Unusual or abrupt changes in behaviors, mood, personal hygiene or appearance

Extreme reaction to a loss or traumatic event

References to harming others or planning a violent or destructive event

Evidence of depression, hopelessness or suicidal thoughts/plans

Strained interpersonal relations, isolating behaviors, or low self-esteem

Uncharacteristically poor performance at school or job

Preoccupation with weapons, violent events or violent persons

Inappropriate responses such as prolonged irritability, angry outbursts or intense reactions

Excessive feelings of isolation, rejection and/or persecution

General statements of distorted, bizarre thoughts

Significant change in life circumstances such as death of family member or pet, divorce, break-up etc.

## Do you know someone who is exhibiting concerning behaviors?

Together, we can protect our community...  
make your report today.

To confidentially and anonymously submit a report  
visit [YOUR WEBSITE HERE]  
and click on the TIPS Report Incident button.

Your  
Logo  
Here

This is not an emergency reporting system.  
If this is an urgent matter, please immediately dial 911.

