

Withdrawing:

- Depression
- Anxiety
- Reduced Motivation
- Difficulties experiencing Pleasure
- Apathy
- Anger
- Avoidance
- Burnt out
- Hallucinations
- Delusions

Overwhelmed:

- Over Eating/Eating Less
- Sleeping At Strange Times/Tiredness
- Loss Of Focus
- Risky Behaviors
- Change In Social Habits
- Mood Swings
- Restlessness
- An unusual calm
- Sensitivity
- Forgetfulness
- Cravings
- Emotional Numbness
- Headaches

Stressed:

- Acne
- Headaches
- Chronic Pain
- Frequent Sickness
- Decreased Energy
- Insomnia
- Digestive Issues
- Appetite Changes
- Depression
- Rapid Heartbeat
- Sweating

Abusive/Aggressive:

- Hitting
- Punching
- Slapping
- Biting
- Shoving
- Threatening to hurt you or someone else
- Sudden outburst of anger or rage
- Overprotective
- Jealous w/o reason
- Prevents you from seeing friends/family
- Destroying property
- Forces you to have sex against your will
- Insults you/calls you names
- Uses intimidation/manipulation to control you or others
- Humiliates you in front of others
- Turns minor incidents into major arguments
- Threatens to/or hurts pets

Passive:

- Hesitant Approval-Seeking -Speech, "Would you mind if I..."
- Broken Speech Pattern
- Belittling Their Own Views, "I'm no expert but..."
- Putting Others First
- Overpowering Self-Criticism
- Self-Deprecating, "I am so stupid"
- Soft Spoken w/Declining Volume
- Avoids Eye Contact
- Discomfort

Helpful Resources

- Marion County Psychiatric Crisis Center 24/7 Face-to-Face Services: 503-585-4949
- Marion County Youth & Family Crisis Services: 503-576-**HOPE** (4673)
Monday-Friday 8:00 am-8:00 pm
Saturday & Sunday call the crisis line for services
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
- National Crisis Text Line: text 741741

Other Resources

- Willamette Valley Hospice Grieving Services: 833-536-6340
- Alliance of Hope (Suicide Survivors Support): www.Allianceofhope.org
- Oregon Youthline: 1-877-968-8491
TEXT teen2teen to 839863
- David Romprey Oregon Warmline: 800-698-2392
- National Hopeline Network: 800-442-4673
- Runaway Hotline: 800-231-6946
- LGBT Youthline: 800-268-9688 or
TEXT 647-694-4275
- Domestic Violence Hotline:800-799-SAFE(7233)
- Self-injury Support: 800-DONT CUT
- Depression Hotline: Text Connect to 741741
- Safety Compass: 971-235-0021



Marion County
OREGON
Health & Human Services

Youth & Family Crisis Services

3867 Wolverine St NE Bldg. F Salem, OR. 97305
PHONE: 503-576-**HOPE** (4673)
FAX: 503-576-4689

Hope is a phone call away

**Feelings or Behaviors
and their warning
signs**



It is important to remember that if these feelings or emotions continue to occur within these behaviors, that you should seek immediate professional medical or mental health services.

****Resources listed on back of Brochure****

Types of Behaviors and Struggles



- Anger
- Sad
- Depression
- Homicidal
- Suicidal
- Frustration
- Assertive
- Passive Aggressive
- Anxiety
- Isolation
- Withdrawing
- Abusive/Aggressive
- Overwhelmed
- Stressed
- Passive



Anger:

- Fist are clenched
- Showing Teeth
- Tense Muscles
- Feeling Sick
- Shouting or Loud Voices
- Feeling Warm/Hot or having Red Cheeks
- Eyebrows clenched & down towards eyes
- Clenching Jaw or Grinding Teeth
- Headache/Stomach Ache
- Sweating (especially your palms)
- Dizziness

Sad:

- Puffy face/eyes
- Eyes appear red
- Splotchy skin
- Drooping shoulders
- Voice is tearful or breaks or softened
- Decreased coordination
- A distant or empty stare
- Covering face with hands
- A heavy footed walk
- Decreased interaction with people
- Drawing limbs closer to the body

Depression:

- Persistent sad/irritable mood
- Significant change in appetite or body weight
- Difficulty sleeping or oversleeping
- Physical signs of nervousness
- Loss of energy
- Feelings of worthlessness or inappropriate guilt
- Difficulty concentrating
- Recurrent thoughts of death or suicide

Homicidal:

- Threats/Attempts of Homicide or Suicide
- Fantasies of Homicide/Suicide
- Weapons owned or available
- "Ownership" of Victim
- Separation Violence
- Stalking
- Depression

Suicidal:

- Agitation, restlessness, and irritability
- Dramatic change in appetite
- Extreme difficulty concentrating and thinking clearly
- Fatigue and lack of energy
- Feeling of hopelessness and helplessness
- Feelings of worthlessness, self-hate, and inappropriate guilt
- Inactivity and withdrawal from usual activities, a loss of interest
- Thoughts of death or suicide
- Trouble sleeping or excessive sleeping
- Psychotic symptoms, such as delusions/hallucinations
- Significant distress or impairment

Frustration:

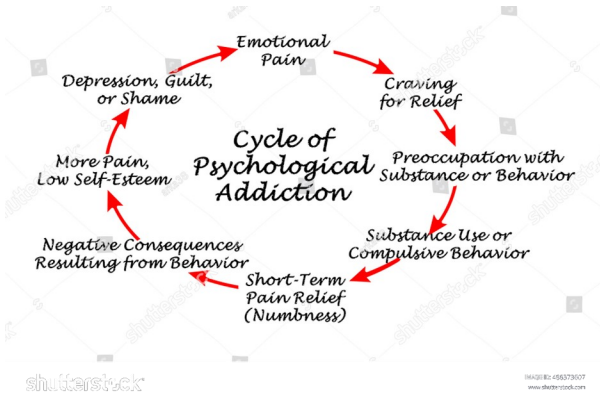
- Impatient and reactive
- Resists information you are giving them
- May try to bait you
- Short Tempered

Assertive:

- Speaks Openly
- Uses A Conversational Tone
- Makes Good Eye Contact
- Keeps To The Point

Passive Aggressive

- Gives Silent Treatment
- Subtle Insults
- Sullen Behaviors
- Stubbornness
- Failure To Finish Tasks

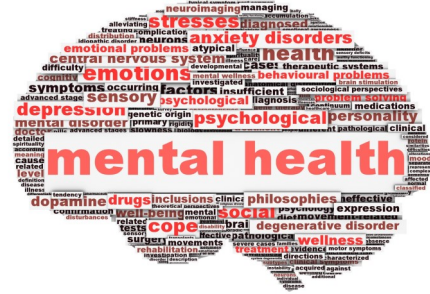


Anxiety:

- Stomach Pain
- Difficulty Breathing
- Negative Thoughts
- Feelings of Worry
- Heart and Chest Pains
- Low Appetite/Binge Eating
- Insomnia
- Feeling Detached or Unreal
- Muscle tension, trembling, feeling shaky
- Nausea and/or diarrhea
- "Butterflies" in the stomach
- Dizziness/feeling faint
- Hot Flashes
- Chills
- Numbness/Tingling Sensations
- Racing Heart

Isolation:

- Avoids Social Interactions
- Spends Extended Periods of Time Alone
- Experiences Social Anxiety/ Fears of Abandonment At The Idea Of Social Interactions
- Limited/Superficial Social Contact
- Lack Important Social/ Professional Relationships
- Develops Severe Distress/ Loneliness
- Walks w/ Head Down while Covering It With A Jacket/ Hoodie



Often we find ourselves with an overload of emotions or feelings that affect our behaviors in our everyday lives. In this brochure you will find a wide range of feelings and emotions under the name of that behavior. Knowing and understanding the types of feelings or emotions that we are experiencing is important so that the appropriate measure's can be taken. Such as, seeing a Mental Health Specialist so that learning to manage your feelings, emotions, or behaviors on your own could be as helpful as taking your next breath.