

[Middle School]

If one or more of these is happening, you could be sick. Ask for help to see your family doctor right away:

### Stage 1

- I get stomachaches or headaches a lot
- I have the feeling of butterflies in my stomach a lot
- I cannot focus on things like I used to be able to

### Stage 2

- I cry a lot even when things aren't so bad
- People and things often annoy me
- I cannot sleep or I want to sleep all the time

### Stage 3

- I cannot be happy
- I am angry a lot
- I think more bad thoughts than good thoughts

### Stage 4

- I want the hurt to go away and think about drinking alcohol and abusing other drugs
- I want to hurt myself or others
- I think a lot about death and dying

Don't worry if you are feeling sick.  
If you go to the doctor you will get well.  
The earlier you go to the doctor the quicker  
you can get well.

