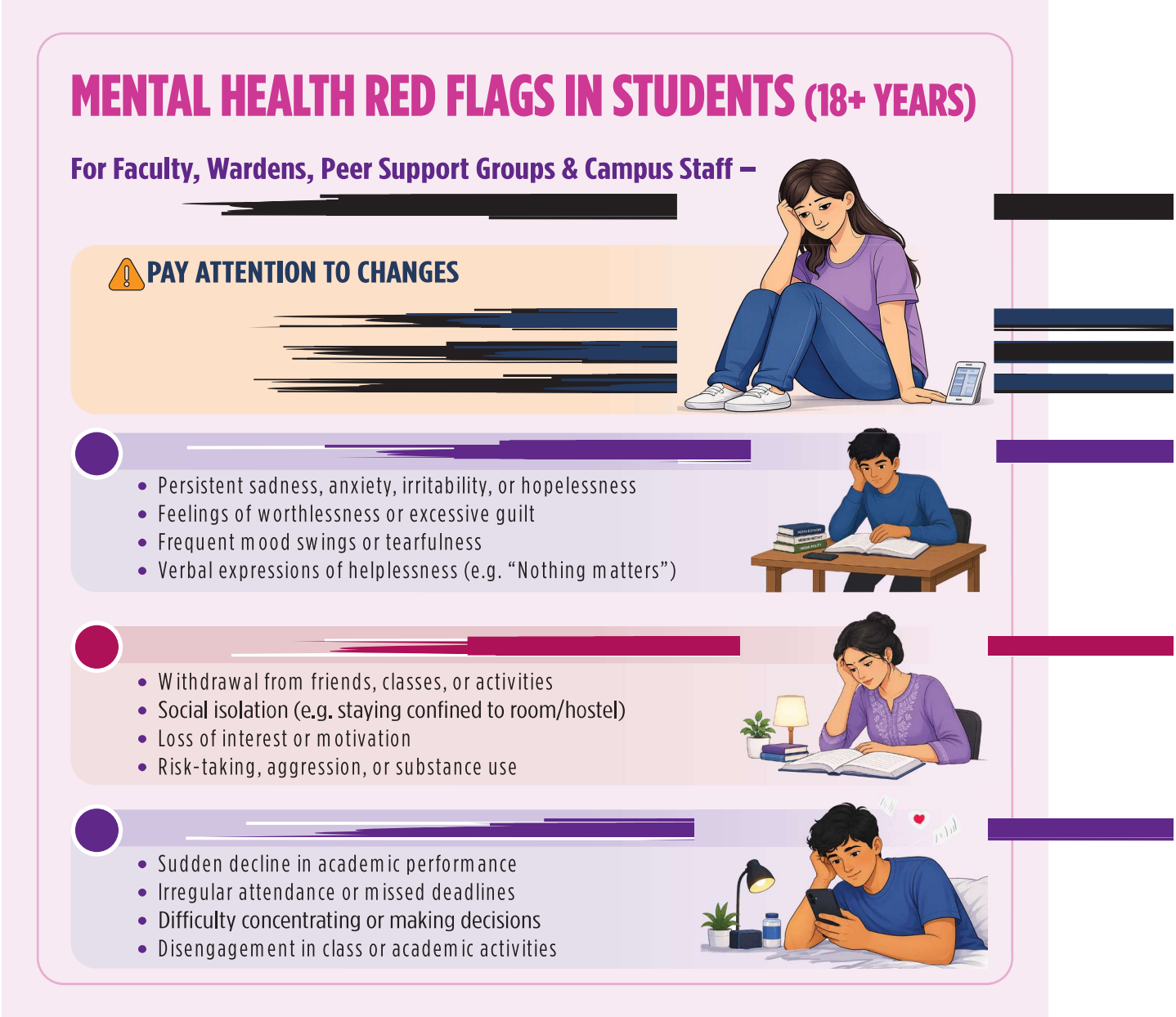
3.2 Age-Specific High-Risk Areas — Special Emphasis

The following areas carry heightened risk for the 18+ age group and require structured, protocol-driven responses from all stakeholders:



- Sleep disturbances (insomnia or excessive sleeping)
- Fatigue, low energy, frequent headaches
- Noticeable changes in appetite or weight
- Poor personal hygiene



- Conflicts with peers, faculty or family
- Difficulty forming or maintaining relationships
- Experiences of bullying, ragging or discrimination





- Excessive or compulsive social media use
- Online comparison, cyberbullying, validation-seeking
- Sleep disruption due to late-night screen use

quired)

- Talking about death, self-harm, or suicide
- Statements indicating hopelessness or desire to die
- Severe withdrawal, hallucinations or loss of reality

