



## Case Scenario #1: Jared

**Directions:** Read this case scenario as a whole group. Then, fill out the top section of your worksheet with the key details of the case. What signs and symptoms of a mental/behavioral health challenge do you notice?

*Jared plays on your soccer team but hasn't been showing up to practice lately. You see him during lunch and start a conversation while you're waiting in line. You mention not seeing him at practice and he says "Yeah, I've just been really tired lately. I can't fall asleep at night so I'm dragging during the day and I just don't have any energy for soccer. My mind is just racing all the time." As the week continues you notice Jared isn't in math class either. You know Jared needs this class to graduate so you're concerned. You text him and he doesn't respond. You try again the next day and he texts back "I just don't see the point in school anymore. Why bother learning all of this stuff when the world is so messed up. I don't know – maybe there's no point to any of it."*

**\*Note:** This case scenario is fictional. However, it is important to recognize that the descriptions of characters and their situations may be emotionally activating. Please reach out to your teacher or a trusted adult if you need support.



## Case Scenario #2: Genoveva

**Directions:** Read this case scenario as a whole group. Then, fill out the top section of your worksheet with the key details of the case. What signs and symptoms of a mental/behavioral health challenge do you notice?

*Genoveva is your best friend. She is going through a really bad break-up and is upset these days because her partner is posting photos of a new relationship on social media. You have been at her side and trying to support her. You're hanging out one day and you notice that she's fidgeting a lot and keeps talking about how she isn't pretty and needs to lose weight. You tell her she's gorgeous and has an amazing personality but she brushes you off. When you go out on Saturday you see that she doesn't order anything when you stop for lunch. When you ask her about it she says "I already ate before we left" but you feel like she may be lying. She's started to wear really big sweatshirts to school every day. She has dark circles under her eyes and she tells you that yesterday she fainted.*

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## Case Scenario #3: Daniel

**Directions:** Read this case scenario as a whole group. Then, fill out the top section of your worksheet with the key details of the case. What signs and symptoms of a mental/behavioral health challenge do you notice?

*Daniel is new to your school. You sit next to him in history class and introduce yourself. When you ask where he used to live he doesn't answer. Later that day a rumor is going around that Daniel used to live in a car with his mom and little brother. You try talking to him again but he seems really shy. One day he snaps back at you and tells you to mind your own business. You still want to try and get to know him – even if he was upset the other day. So you invite him to come to the football game with you and to your surprise he agrees. As you're watching the game, he says "We live in a shelter because my dad hurts my mom." You want to try and help him but don't really know what to do.*

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## Case Scenario #4: Rosie

**Directions:** Read this case scenario as a whole group. Then, fill out the top section of your worksheet with the key details of the case. What signs and symptoms of a mental/behavioral health challenge do you notice?

*Rosie is so much fun to be with. She's always laughing and joking around in the hallways, always introduces herself to new people and seems to know everyone. One day you head to the gym and see that Rosie is behind the bleachers. You see her look around and then take a pill. She sees you and makes an excuse "It's just a vitamin," she says as she grabs her backpack and heads out the door. Later that week you see her again, taking some pills before English class. You notice that she has been quieter lately and her hair has been messed up. In English class she got really angry with the teacher and almost got sent to the office. That's not like Rosie and you're getting concerned.*

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## Case Scenario #5: Dennis

**Directions:** Read this case scenario as a whole group. Then, fill out the top section of your worksheet with the key details of the case. What signs and symptoms of a mental/behavioral health challenge do you notice?

*Dennis is one of the school's star athletes. He has played sports his whole life and always talks about how much he wants a scholarship so he can go to college. He's thinking maybe baseball or basketball will get him there. Everyone at school is talking about the game on Friday night – Dennis got hurt really badly and had to be taken to the hospital. When he comes back to school after a few weeks he's on crutches and seems really down. He tore his ACL and needed surgery. While doctors have told him they think he will recover with physical therapy, he is out of sports for the rest of the year and his chances of a sports scholarship are gone. You notice that Dennis barely talks to anyone, doesn't come to any after school events and keeps to himself.*

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## Case Scenario #6: Chris

**Directions:** Read this case scenario as a whole group. Then, fill out the top section of your worksheet with the key details of the case. What signs and symptoms of a mental/behavioral health challenge do you notice?

*Chris came out to their family and friends last year and things have been a struggle ever since. Their parents are barely speaking to them and friends don't know exactly what to say. You've always liked Chris and have tried to be a friend during this tough time. Lately you have been noticing that whenever you're around, Chris pulls down their shirt sleeves really fast. You don't think much of it until you see a post on Snapchat one night. Chris posted a video that seems weird. You're not sure but it seems like maybe they were cutting. You've worked really hard to build trust with Chris, so you're worried your friendship will be damaged if you talk to them about what you saw. You wonder if you should tell someone.*

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