



## 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.