



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.

***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.