



Mental Health Case Scenario: Teacher Guide

Lesson Plan Summary	
Learning Target	Students will practice noticing signs and symptoms of mental health challenges using the provided case scenarios. They will identify professionals who can help, self-help strategies, and actions they can take to support someone navigating a mental health challenge.
Lesson Objective(s)	Students will be able to . . . 1. Notice the signs and symptoms of a mental health challenge 2. Name 3 different kinds of professionals who can help with mental health 3. Name 3 different kinds of self-help and other support strategies for holistic wellness
Supplies / Resources	Supplies: <ul style="list-style-type: none"> • Pencil/pen for each student • One "Group Discussion Worksheet" per student group • Info Sheet: Mental Health Professionals • Info Sheet: Self-Help and Other Support Strategies • Case Scenario (one per group)
Session Time	20 minutes; can be extended with share-out and facilitated debrief
Activity Plan	<ul style="list-style-type: none"> • Students will be working in table groups of 6. • Split each group into 3 Mini-Teams (ideally 3 pairs of students). • Instruct groups to: <ul style="list-style-type: none"> ○ Read their case together as a whole group ○ Complete the first section of the worksheet as a whole group (signs & symptoms) ○ Split into mini-teams to complete next section of worksheet; Mini-Team 1 to discuss "Your Role," Mini-Team 2 to discuss "Professional Support," and Mini-Team 3 to discuss "Self-Help and Other Support." Mini-Teams will use provided info sheets for reference. • Note that while all case scenarios are fictional, the descriptions of characters and their situations may be emotionally activating for some students. Let students know that if they need a break or support, that they should alert a trusted adult / teacher in the classroom. Consider making yourself available to check in with students after class as necessary. • Provide students with case scenario (one per group), info sheets, and worksheet (one per group). • Students complete worksheets • If there is additional time, activity can include a whole-group debrief and discussion of cases (each group will have a different case, so there's lots to think about!)