



Mental Health Case Scenario: Group Discussion Worksheet

Directions: Consider your assigned case scenario, and working in small groups as instructed, complete the table below. Your goals are to spot the “red flags” and identify supports for your character’s mental health in each of the 3 categories.

Key Details: What signs and symptoms of a mental health challenge is the individual in your scenario experiencing?		
YOUR ROLE	PROFESSIONAL SUPPORT	SELF-HELP / OTHER SUPPORT
Mini-Team 1: What could YOU say and do to support this person?	Mini-Team 2: Using the list provided, identify a mental health professional you would suggest for this person. Why?	Mini-Team 3: Using the list provided, identify some self-help / other support that might work for this person. Why?
Bonus Question: Which mental health profession from the list is most interesting to you? Why?		