

SCENARIOS

With a partner or small group, read and discuss each scenario. What behavioral signs do you notice?

- 1.** You call Peter and he answers after the tenth ring. Even though it's five on Saturday afternoon, he sounds like he's been sleeping. When you ask him to come with you for pizza and a movie, he says he doesn't feel like it. Peter never seems to want to do things any more, and he sleeps all the time.
Do you think Peter needs help? What would you do?
- 2.** In the lunchroom, Melissa is telling everyone who will listen how upset she is. "I totally blew my biology final! And I studied! I really did!" she wails. "I might not even pass. If I have to go to summer school, I might as well be dead!"
Do you think Melissa needs help? What would you do?
- 3.** Neal is giving you the creeps. Every time you spend time with him, he talks about killing himself, and he gets more and more detailed about how he would do it. At first it seemed like a joke but it's not funny any more.
Do you think Neal needs help? What would you do?
- 4.** Susan wears big floppy sweaters, but they can't hide the fact that she's gotten thinner and thinner. One day you sit next to her on a crowded bus and you're shocked by how bony she is.
Do you think Susan needs help? What would you do?
- 5.** Andie was never a drinker, but lately she parties three or four times a week and gets really drunk, to the point of passing out. She can barely stay awake at school and her friends are getting tired of being around her.
Do you think Andie needs help? What would you do?
- 6.** John always has been moody, but his girlfriend Kerry kept him upbeat. Kerry just broke up with John, and he is totally despondent. One night he gives you his leather jacket, saying he doesn't need it any more.
Do you think John needs help? What would you do?