



MENTAL
HEALTH
FIRST AID®

AVA

SCENARIO CARDS

NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH

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AVA SCENARIO 1



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Ava's Story

Ava is a 12-year-old girl who recently moved to the area, just in time to start a new middle school. She has struggled to fit in and establish close friends, although she is generally an outgoing, happy young girl. Lately, she seems moody and you notice that she's not trying as hard to cultivate friendships. Even her appearance seems a little off — like she's not paying as much attention to her wardrobe or her hair.



GROUP DISCUSSION: You are a teacher at Ava's school. How would you approach her?

AVA SCENARIO 2



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Ava's Story

When you talk with Ava, you learn that she's really lost her confidence and is feeling desperate to fit in. She feels hopeless, ugly, and rejected. Ava says that she'll be better liked if she could just lose weight, even though she appears to be at a healthy weight. As you continue to talk, Ava is very focused on losing weight and avoiding food. She eventually shares that she's overwhelmed and feels like she has no control over her life.

AVA SCENARIO 3



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Ava's Story

In class today, Ava seems like she can barely stay awake. When you try to talk with her after class, she seems disoriented and wobbly. As you're trying to connect with her, she passes out.