

# MADISON

## SCENARIO 1



MENTAL  
HEALTH  
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### Madison's Story

16-year-old Madison is one of the most popular girls in school. She's a cheerleader, a top student, and has tons of friends. She wants to cheer for a professional team and open her own dance studio.

Madison and her boyfriend Sam just broke up, but plenty of guys are lined up to take Sam's place. Sam and Madison still seem to text one another constantly and are together on social media. Madison is so moody that you never know what to expect, she yells at her younger sister constantly, and all she does is stay in her room or sleep.



**GROUP DISCUSSION:** Madison is your daughter. How would you approach her?

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## SCENARIO 2



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### Madison's Story

At dinner, Madison announces that she quit the summer job that she'd gotten as a camp counselor at a cheerleading camp for young kids. When you try to talk to her about it, she just says that it's a lousy way to spend the summer and that she just wants to stay home and be left alone.

You see some texts on Madison's cell phone and grow concerned. Sam says he is depressed, has no reason to live without her, and wants everyone but her to leave him alone. Madison's texts to Sam are all about how sorry she is about their breakup, that no one understands her either, and that it would be her fault if Sam tried to kill himself. When you ask her about the texts, she's annoyed that you looked at her phone and tells you that you're "overreacting as usual."

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## SCENARIO 3



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### Madison's Story

Late one night you see that Madison has left her laptop on and is still logged into various social media accounts. You are amazed to see Madison's instant messages to Sam saying that she's depressed, too. She writes that if Sam kills himself that she will, too. In fact, as you scroll through, you see that she's even tried different types of knives to see what really cuts skin, and she's been getting pills from her grandmother's bathroom every time she goes to visit. You can see that these messages actually go back more than two weeks.



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# OMAR

## SCENARIO CARDS

NATIONAL COUNCIL  
FOR BEHAVIORAL HEALTH

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# OMAR SCENARIO 1



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## Omar's Story

Omar is 15. You've known him for years. He has a normal number of friends, has decent grades, and is involved in a few activities after school. He seems to get along well with his friends, teachers, and parents. You heard that over the summer he was involved in a serious car accident with his older brother and a friend. The friend was driving, and everyone healed well. Omar doesn't seem like himself. He is less interested in things, although he still has decent grades. You notice, however, that he is a bit more emotional and that you don't see him with friends; he only wants to be with his brother.



**GROUP DISCUSSION:** You are Omar's teacher. How do you approach him?