

H A R M F U L S S

Worksheet 1:

“Unseen and Untreated”

Understanding Early Signs of Mental Health Struggles

Objective: Explore how early mental health symptoms can go unrecognized and how that shapes a person’s future.

Story Focus: Terry’s childhood and early adulthood

1. Reflection Questions

- What mental health symptoms did Terry experience as a child?
- How did her family respond to those symptoms? How might that have impacted her?
- How could things have turned out differently for Terry if she had received help?
- Have you or someone you know ever had feelings that were misunderstood or dismissed? How did that feel?
- What are some ways schools or families can recognize and support kids with early signs of mental health issues?

2. Small Group Discussion:

- Why do you think mental health is often ignored or misunderstood?
- Do you think stigma around therapy and mental illness still exists today? How?
- What are some examples of how mental health is talked about differently now compared to the past?
- In what ways can high school students help break the stigma around mental health?

3. Write It Out (Optional):

- Write a letter to “young Terry” from the perspective of a friend or mentor who understands mental health today. What would you say to support her?