

coping with ADOLESCENT DEPRESSION

DIRECTIONS: For each scenario, you must identify the problem, the warning signs and determine effective strategies and/or resources for managing the depression.

SCENARIO 1: Tanya lives in an apartment with her mother and two older brothers. Last year at this time she was on the track team and always off with her friends. Now Tanya won't leave the apartment. She has been skipping school and doesn't care about anyone or anything, including her friends.

What do you think is happening here?

If Tanya doesn't get some help, what could happen?

What are some of the warning signs?

What could Tanya do to help herself?

If you were Tanya's friend, what would you do to help?

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SCENARIO 2: Michael, who is usually bright and energetic, is no longer fun to be around. For the past month, his mood changes constantly and he is almost always angry or silent. He doesn't spend any time with his old friends and usually goes off by himself. He recently started smoking, a habit he used to be totally against.

What do you think is happening here?

If Michael doesn't get some help, what could happen?

What are some of the warning signs?

What could Michael do to help himself?

If you were Michael's friend, what would you do to help?
