

## Chapter 5 • Lesson 1 Dealing with Anxiety and Depression

### Health Skills Practice: Decision Making

#### Deciding About Helping a Friend

**Directions** Depression is one of the most common mental health problems in teens. It is a serious illness that requires professional help. The scenario below involves a teen who is concerned about a friend who seems depressed. Read the scenario and then apply the decision-making model to decide what the teen in the scenario should do. Use an extra sheet of paper if you need more space.

#### Scenario:

When Ian recently started showing signs of depression, his friend Jordan tried to persuade him to get help. Ian admitted that he was unhappy but told Jordan he didn't want anyone to help him. Ian said, "Thanks for trying to help me, but it's okay. I'm handling my problems myself, and I don't want other people getting involved."

Jordan knows that Ian is a private person and has a hard time sharing his feelings. However, Jordan has never seen his friend this "down" before, and he's worried that Ian may be depressed. Jordan wants to tell someone about Ian, but he's scared he will betray his friend's confidence.

**1. Step 1: State the Situation** What decision is Jordan trying to make?

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**2. Step 2: List the Options** What are Jordan's choices? List two options.

a. \_\_\_\_\_

b. \_\_\_\_\_

**3. Step 3: Weigh the Possible Outcomes** What might happen if Jordan were to act on each option you listed for question 2?

a. \_\_\_\_\_

b. \_\_\_\_\_

**4. Step 4: Consider Values** If you were Jordan in this situation, what values would guide your decision? Describe how your values relate to each option.

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**5. Step 5: Make a Decision and Act on It** What decision would you make if you were in Jordan's position? How would you put your decision into action?

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**6. Step 6: Evaluate the Decision** If you were Jordan and had made this decision, how would you evaluate it? Describe how you would decide whether it was a good choice.

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## Chapter 5 • Lesson 3 Suicide Prevention

### Health Skills Practice: Accessing Information

#### Local Resources for Suicide Prevention

**Directions** Complete the table below with information about resources for suicide prevention in your community. You may use online search programs, local telephone directories, or other reliable sources of information to complete the table. After completing the table, answer the questions that follow.

Name of Help Resource	Address and Telephone Number	Type of Help Provided
Mental health professional: _____	_____ _____	_____ _____
School counselor: _____	_____ _____	_____ _____
Hospital emergency room: _____	_____ _____	_____ _____
Crisis center: _____	_____ _____	_____ _____
Suicide hot line: _____	_____ _____	_____ _____
Police: _____	_____ _____	_____ _____
Fire/rescue: _____	_____ _____	_____ _____

1. Which help resource would you recommend to a friend who seems depressed? Why?

\_\_\_\_\_  
\_\_\_\_\_

2. If a classmate is talking about committing suicide, which of the help resources would you contact? Which help resource would you encourage your classmate to contact?

\_\_\_\_\_  
\_\_\_\_\_

3. If you suspect that someone you know has just taken an overdose of prescription medication, which help resource should be contacted immediately? Why?

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