

QUESTION, PERSUADE, REFER

Mike's Story

About six months ago Mike tried out for the basketball team. Mike was really looking forward to playing on the team, and was heartbroken when he didn't make the final cut. Since then his friends have asked him to play after school and on a city league team, but he told them he wasn't going to play anymore. Paul, one of Mike's good friends, has noticed that Mike has been especially moody, withdrawn, and extremely sad lately. When Paul asked if there was something he could do to help, Mike told him not to worry because it would "all be over soon."

What's going on and what can be done to get through it?

1. What are some of the "downs" in Mike's life that could put him at risk?
2. What are some warning signs that Mike might be in trouble?
3. What could Mike do to get through his problems, and who could he go to for help and support?
4. What question could Paul ask Mike to see if he is serious about suicide?
5. What could Paul say to persuade Mike to get help?
6. List three professionals, agencies, or trusted adults Paul could refer Mike to for help and support.



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Lisa's Story

Lisa is a 14-year-old girl living in the Midwest. Her parents recently divorced, which forced her to move to a new community. Lisa hates living in a small town and hasn't made new friends. Her sister Tiffany, her only friend, is going away to college in the fall, which makes Lisa feel even worse.

Lisa has had trouble sleeping, her grades are falling, and she cries almost every day. Lisa talked to her dad about how depressed she was feeling, and he told her to give it some time. A few days later, Lisa gave her sister her birthstone ring and said she wouldn't need it any more.

What's going on and what can be done to get through it?

1. What are some of the "downs" in Lisa's life that could put her at risk?
2. What are some warning signs that Lisa might be in trouble?
3. Lisa tried talking to her dad about her feelings. What else could she do to get through her problems and deal with her depression?
4. What question could Lisa's sister ask Lisa to see if she is serious about suicide?
5. What could Lisa's sister say to persuade Lisa to get help?
6. List three professionals, agencies, or trusted adults Lisa's sister could refer Lisa to for help and support.



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Peter's Story

Since Peter started running around with some new friends, it seems like he is always getting into trouble. This teachers have noticed that he has a totally different personality from last year. His grades have dropped severely and he is always picking on other students. Peter doesn't seem to care about anything but his friends. Until recently, most of Peter's trouble has been at school. He has been caught vandalizing, stealing, and harassing other students. He has had several detentions and his parents are getting less and less patient with him.

Peter got into trouble for drinking alcohol, and since then he doesn't seem to care what happens and is taking more and more risks. When Peter's parents were out of town for the weekend, Peter took their car and went "joy riding" with his friends. Peter has been extremely anxious since the police brought him home. Peter tells his brother that he can't face his parents and adds that they are probably going to kill him, unless he takes care of it first.

What's going on and what can be done to get through it?

1. What are some of the "downs" in Peter's life that could put him at risk?
2. What are some warning signs that Peter might be in trouble?
3. What could Peter do to get through his problems, and who could he go to for help and support?
4. What question could his bother ask Peter to see if he is serious about suicide?
5. What could Peter's sister say to persuade Peter to get help?
6. List three professionals, agencies, or trusted adults Peter's brother could refer Peter to for help and support.



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Melissa's Story

Melissa's father has remarried and lives about 20 miles away. Melissa stays with him about every other weekend. Melissa enjoys spending time with her dad, but she hates going there because of her older stepsister. Her stepsister has always been mean to her, but recently she has been getting physically abusive. Melissa hasn't said anything, because she is afraid she won't get to see her dad anymore and she is concerned that it will only make things worse with her stepsister.

Melissa stays to herself lately and is unusually quiet. A month ago, Melissa found out that her dad is moving and is trying to get custody of her. He wants her to live with him full-time. Since then, she has been sick and can't eat or sleep. Melissa finally tells her friend Amy everything that has been bothering her. She tells Amy that she would rather die than go live with her dad.

What's going on and what can be done to get through it?

1. What are some of the "downs" in Melissa's life that could put her at risk?
2. What are some warning signs that Melissa might be in trouble?
3. What could Melissa do to get through her problems, and who could she go to for help and support?
4. What question could Amy ask Melissa to see if she is serious about suicide?
5. What could Amy say to persuade Melissa to get help?
6. List three professionals, agencies, or trusted adults Amy could refer Melissa to for help and support.

