

Table Group Names _____
Class Period _____ Date _____

Suicide Case Studies

Role play #1 – Nathan-age-14 is depressed and has been seeing a psychologist for about 6 months. He recently got caught smoking pot and because of that was suspended from his select soccer team. He hasn't come to school for a couple of days and you wonder what is going on.

How do you show him that you care?

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Now imagine that he tells you life just isn't worth living; everything is just messed up. How would you ask him directly about suicide?

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In response Nathan says, yeah, it would just be easier. What might be obstacles for getting help for Nathan?

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What could you say to overcome those obstacles and get him help?

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Role play #2 –Ashley- age- 15 has been sad and moody for over a month. She declined your invitations to hang out. Instead she seems to be spending a lot of time writing poetry and thinking about “being invisible”. Now she has just sent you a text-message telling you about an argument that she had with her mother over a failing grade.

How do you show her that you care?

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In response to your concern, Ashley tells you *Thanks*, but I can’t see how my life is going to get any better, yeah, it would just be easier. How would you ask her directly about suicide?

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In response Ashley answers, yes, but why do you care? What might be obstacles for getting help for Ashley?

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What could you say to overcome those obstacles and get her help?

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Role play #3 –Lee- age 12- seems to get angry over nothing. He hates school and doesn't bother to turn in his homework. His older sister has recently been diagnosed with cancer and his parents spend all their time at doctors or medical procedures. He isn't interested in talking and would rather just play video games.

How do you show him that you care?

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In response to your concern, he gets angry and tells you, *you won't have to worry about me much longer*. How would you ask directly about suicide?

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In response, Lee says yes, but I don't want you to stop me and don't tell anyone else. What would you do?

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What could you say to overcome those obstacles and get him help?

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Role play #4 –Heather- age-15- is very thin and is always worrying about being overweight. She is your really good friend and she has told you that she has times when she gets so anxious that she can't sit still or think clearly. She gets really good grades, but her mother thinks that she could do even better. She has just had a fight with her boyfriend and she is crying in the bathroom at school.

How do you show her that you care about her?

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Imagine she responds by saying, *thanks for being my friend- you understand me, but no one else does*. What more would you need to ask about to find out if she is suicidal?

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Imagine that you asked her whether she was so sad that she was thinking about suicide and she said *no*. She may not be suicidal but you are still worried about Heather; where can she go for help for her anxiety?

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Role play #5 –Natasha- age 16- has just been dumped by her boyfriend. You know she takes medicine for bi-polar illness but you don't think she sees a counselor. At lunch you notice that she has new scratch marks on her wrists; she has cut herself before when she was frustrated or upset.

How do you show her that you care about her?

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How could you ask her directly about suicide?

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In response, she answers that she isn't sure; what would you say to get her help?

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Role play #6 –Jeremy- age 18- tells you while he is driving you home that he found out today that he is failing chemistry and that he will not have enough credits to graduate high school. He suggests that the two of you get drunk and just forget about life. You have never seen him this upset.

How do you show him that you care about him?

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How do you handle the suggestion of getting drunk?

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How do you follow up on his comment about “forgetting life”- does he mean suicide?
How would you find out?

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How would you help Jeremy?

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