

What if ... a close friend disclosed to you that they were feeling sad a lot lately?



What if ... a classmate who you don't know very well, but who you know is grieving the loss of a loved one, seems to be sad and withdrawn consistently for many weeks after the loss?



What if ... you notice signs that your sibling is lonely?



What if ... someone you know has experienced a significant failure recently but seems to be pretending that all is well and won't talk about the incident?



What if ... a friend has recently gone through a bad break-up and, despite your many attempts, will not go out or connect socially with anyone?



What if ... you notice one of your peers consistently doodling very dark, disturbing images that leave you feeling unsettled?



What if ... you find yourself worrying over every little thing, to the point where you are having trouble coping with day-to-day routines and expectations?



What if ... someone you know discloses something to you that indicates that they may be a danger to themselves or others?



What if ... Scenarios

What if ... a friend suddenly makes radical changes to the way they look, dress and act, and their values change to ones you think are problematic?



What if ... an adult you know starts to show signs that they may be struggling with coping with day-to-day activities and expectations, including even taking care of their own personal hygiene?



What if ... a friend discloses that they are having trouble living up to their parents’ high expectations of them and they feel that they are reaching their breaking point?



What if ... you notice a classmate is purposely isolating themselves from others and is beginning to be a target for social bullying?

