**Sorting Scenarios- Answer Guide**

Directions: Categorize each statement as a mental health state. Your options include no distress, mental distress, a mental health problem, or a mental disorder. Check-in with your classmates to see if they agree or disagree. Discuss as a group what is noticed. Note that some may fit into more than one category- facilitate the discussion.

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| 1. After staying up late and not getting much sleep, a student has to get up and get to school on time. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development\*\* |  |
| 1. A student who prides themselves on getting top marks has a number of projects and tests, all due the same week, and asks for extensions. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development OR could be **No Distress** if they are handling it well and feeling at ease\*\* |  |
| 1. A student’s parents have separated and started divorce proceedings, and she is struggling in the aftermath.   \*\***Mental Health Problem**- This is greater stress than normal and he/she may be experiencing changes in thoughts, behaviors or feeling OR **Mental Distress**- Normal ups and Downs necessary for growth and development if he/she is not experiencing the changes\*\* |  |
| 1. After speaking with a doctor and being referred to a psychologist for counselling, a student begins taking medication for depression. \*\***Mental Illness**- It has been diagnosed and treatment has begun\*\* |  |
| 1. Although this term at school has been tough, a student feels both relief that it’s over and pride that he got all of his assignments in on time. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development OR could be **No Distress** if they are handling it well and feeling at ease\*\* |  |
| 1. A student is called down to the office and, although he doesn’t know why he’s been called down, he begins to sweat as he approaches the office. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development \*\* |  |
| 1. A student who has struggled for months with feelings of hopelessness and worthlessness begins to have recurring thoughts of suicide. \*\***Mental Illness**- Significant, substantial and persistent problems with thoughts, feeling or behavior\*\* |  |
| 1. A student desperately wants to make it onto one of the school’s sports teams but worries that they don’t have what it takes to play at that level. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development \*\* |  |
| 1. After breaking up with his girlfriend, a student feels uncomfortable in their shared social group and begins to avoid going to school. \*\***Mental Health Problem**- This is greater stress than normal and he/she is experiencing changes in thoughts, feelings and behaviors\*\* |  |
| 1. A student is required to give a speech in front of the class as part of her final project, and just the thought of it gives her butterflies in her stomach. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development \*\* |  |
| 1. A student takes on an extra class and uses time management strategies to make sure they can handle the extra workload. \*\***Mental Distress**- Normal ups and Downs necessary for growth and development. OR could be No Distress if they are handling it well and feeling at ease\*\* |  |
| 1. A student’s grandmother, his primary caregiver, passes away and he still feels sad weeks later. \*\***Mental Health Problem**- This is greater stress than normal and he/she is experiencing changes in thoughts, feeling and behaviors\*\* |  |