

Mental Health First Aid Scenario Cards

Use the following scenario cards with the Mental Health First Aid camp counselor lesson plan and accompanying Mental Health First Aid Scenario resource page.



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Scenario 1: Jane is a camper in your cabin. She also sits at your table during meals. You notice that Jane does not appear to be eating during mealtimes. You've also noticed that she does not change her clothes in the cabin, but takes them all the way to the bathroom to change instead. When you ask her about if she is getting enough to eat, Jane is defensive and claims to have eaten a large snack in the cabin, but you're sure she didn't. You suspect Jane may have an eating disorder.



Scenario 2: John is a first time camper in your cabin. He just doesn't seem to be having a good time at camp. He lacks any energy and just wants to stay in the cabin and sleep all the time. You know that back home John loves to play sports, but you can't seem to get him interested in any athletic activities here at camp. He is withdrawn from the other boys in the cabin, and tends to lay quietly in his bunk facing the wall. You can tell that he isn't having a good camp experience.



Scenario 3: Tonight is the dance at camp. All of the boys in your cabin have been spending the day talking about who they plan to ask to dance. Most of them are excited, but you know a couple of the younger boys are nervous. You are getting ready to go to the dance when John suddenly falls down. He is having trouble breathing and is complaining that he is dizzy and his chest hurts.



Scenario 4: Your cabin co-counselor has not been himself at camp this week. He is usually an energetic, social butterfly, but this week he has been withdrawn and acts irritated or angry around the campers. He is not following through with his responsibilities, and when confronted about it he says things like “I wouldn’t do it right anyway” and “No one even noticed I wasn’t there.” When he makes a sarcastic comment to you that “he’d rather kill himself than do that,” you start to worry more.



Scenario 5: Jane is one of the older campers in your cabin. You've noticed that she always has on her sweatshirt, even in the afternoon when it is over 85 degrees. You've causally asked her if she is hot, but she just shrugs or says "not really." While playing Gaga ball, you notice that there is blood on cuff of her sleeve. You offer to give her a band aid and while doing first aid notice several cuts on her forearms.

