


Student Voice: Coping Strategies

Below are short bios about each of the students who share their lived experiences about mental health and depression. Read through them and select two student videos to watch using the links or QR codes. Answer the questions on the following page based on what you saw in the videos and be ready to talk about what you have learned.

<p>Lindsey is a first-generation student from Illinois whose depression started at six years old. She says her depression felt like “little tornadoes in my head”. Lindsey loves to read, is a dedicated student and is very involved in clubs at school.</p>	<p>Henry is from Knoxville, Tennessee. He loves to write, play sports and hang out with his friends. Henry describes feeling anxious, worried often and “never really feeling happy”.</p>
<p>Jasmine is an African American student who moved from a small town to a big city. Her move and experiencing community violence contributed to her depression. She is passionate about church and her family.</p>	<p>Catharine is from Ohio and is a sports enthusiast; she loves ice skating and tennis. Catharine felt that she needed to be “perfect” at everything: sports, school, friends. She was first diagnosed with anxiety, but then her symptoms of depression began.</p>
<p>Alan loves his band and his girlfriend. His depression began during his parents’ divorce. He describes his depression as a “big, sinking feeling” in his chest.</p>	<p>Mason is an Asian-American student who experienced anxiety and perfectionism. He loves his family, friends and sports. His dad also experienced depression and is very supportive of Mason.</p>
<p>Edgar recently moved from Mexico City to the United States. He left behind his friends and many of his family members. Edgar loves soccer and music.</p>	<p>Callie is from Chicago. She loves to run track and hang out with her friends. Struggles with her peers impacted her experience with depression and she felt very isolated during this time.</p>

YouTube	Vimeo
<div style="text-align: center;">  <p><u>Student Stories</u></p> </div>	<div style="text-align: center;">  <p><u>Student Stories</u></p> </div>

Student Story 1: What coping strategies did they use?

Student Story 2: What coping strategies did they use?

Did you notice any similarities or differences between the students' experiences? Explain.

How would you encourage a friend to try and cope with their overwhelming feelings?

Name some coping strategies that you use when you are experiencing stress.

If anything shared today prompted a feeling that you need to talk to someone, make sure to go to a trusted adult, talk to your counselor, or visit the social worker's office here at school. You can also call or text 988 to speak or text with someone at the Suicide & Crisis Lifeline if you are ever concerned about yourself or a friend.