



aevidum workbook



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Healthy Handful

Trace an outline of your hand.

Write a positive character trait about yourself on the palm of your hand.

Describe how you feel when you are focusing on the positive (i.e. your strengths, things that are going well in your life, things you are looking forward to, etc.):

Physical vs. Mental Health

Look at each situation and write how you would respond in each situation. What would you do and who would you reach out to?

Physical Health

Mental Health

runny nose
and cough

feeling sad
and trouble sleeping

high fever
and sore throat

losing interest in
activities and people

chest pains and
coughing up blood

serious thoughts
of suicide

Pause for reflection: Did you notice a difference in the way you reacted to the situations in the physical health column compared to the mental health column?

Top 5 Causes

List the top five causes of death in teens.

Guess Order

1.

2.

3.

4.

5.

Actual Order

1.

2.

3.

4.

5.

Thoughts & Reactions

Mental Health Quiz



1. What is depression?
2. What are some ways people can cope with depression?
3. Where can people go for help?
4. How can people manage stress?
5. How might you know if someone is thinking about suicide?
6. Who is most affected by mental illness?

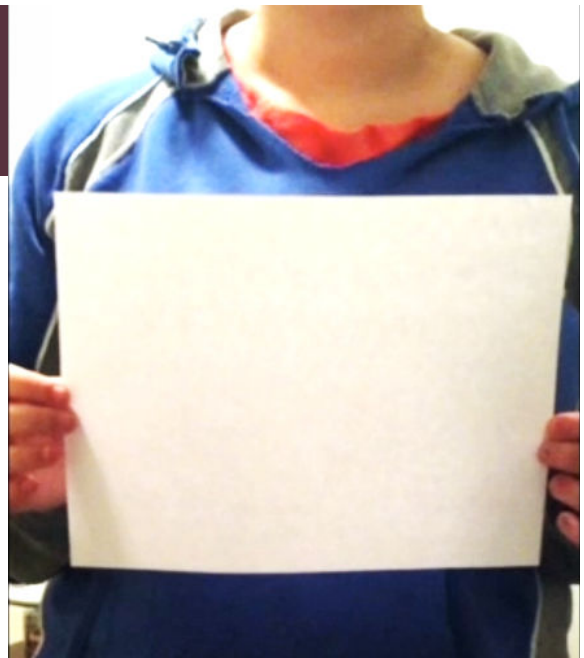
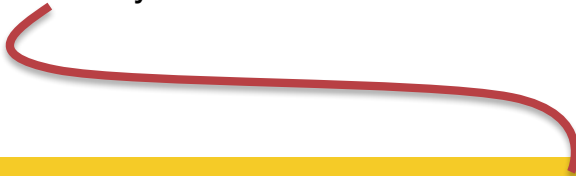
Stressors

following video

What is on my “blank page”?

Write your stressor/trigger on your page and/or sticky note (provided by your teacher).

Where does your stressor fall?



Things I CAN control

Things I CANNOT control

What are some HEALTHY ways to cope with these stressors?

Signs of Depression

Watch the video of a student's day at school or think of someone you know. Are they showing any of these signs of depression?

PHYSICAL CHANGES

- Unexplainable Pains
- Weight Loss or Gain
- Change in Appetite
- Nausea
- Headaches
- Chest Pains

DIFFICULT MOODS

- Anger
- Worry/Anxiety

EMOTIONAL PAIN

- Prolonged Sadness
- Unexplained Crying
- Feelings of Guilt
- Loss of Self Esteem
- Despair
- Hopelessness

CHANGE IN THOUGHT PATTERN

- Inability to concentrate
- Indecision
- Problems with memory
- Disorganized
- Feelings of worthlessness
- Pessimism
- Indifference
- Self Critical

CHANGE IN ENERGY LEVEL

- Decreased energy
- Fatigue
- Less Activity
- Insomnia or Hypersomnia
- Loss of interest in activities
- Social withdrawal

What do you notice about this person's behavior that make you think he/she may be struggling?

What is the difference between depression and a tough day?

What can you do if you notice these symptoms in yourself?

How could you help someone who is struggling with depression?

Check In Activity

THREE main ideas from today's lesson:

1.

2.

3.

TWO ways to cope with stress:

1.

2.

ONE question or comment about mental health, depression, or Aavidum:

1.

Notes/Other Thoughts



Positive Mental Health

What can people do to take care of their mental health? What kinds of activities can they do?



Circle of Trust

Think of the support network that you have in your life. Who can you trust and count on?

Take a few minutes to draw your “circle of trust.” Who is in your inner circle? List those people and 3 qualities that you like or appreciate about each of them. What makes each person trustworthy?

- Make sure to include at least **one** adult.



What Would You Do?

SCENARIO 1: Would Anyone Even Notice?

What do you do?

Do you need to tell someone else? Who? How quickly do you need to act?

SCENARIO 2: It's Not Like It Would Matter Anyway

What do you do?

Do you need to tell someone else? Who? How quickly do you need to act?

SCENARIO 3: You're the Only One I Trust

What do you do?

Do you need to tell someone else? Who? How quickly do you need to act?

SCENARIO 4: What If the Person is You?

What do you do?

Do you need to tell someone else? Who? How quickly do you need to act?

Resources: Where can I get help?

Where can I get help for others?

In school?

Outside of school?

For immediate help, call the National Suicide Prevention Lifeline at **1-800-273-8255 (TALK)**. A trained counselor will answer your call 24/7. All calls are free and confidential. No problem is too small or too large. You can also text the Crisis Text Line at **741-741** or instant message at **suicidepreventionlifeline.org**. Reach out for yourself or for advice about a friend.



Closing Activity

Trace your hand and write what you will do to have someone's back.

Your challenge for the week: live out what you wrote - have someone's back!

Aavidum - we've got your back!

Aavidum is a word created by students after they lost a classmate to suicide. It comes from Latin roots and means "I've got your back."

By bringing Aavidum into every school across the nation, students will know the warning signs of depression and suicide and will know how to have their friends' backs. Our message has and will continue to empower students to get help and lives will be saved.

Join the movement. Spread the word. Say Aavidum to someone today.

We've got your back.



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