



# Mental Health Continued... & Drugs and Alcohol

Warm-Ups

A stylized illustration of a bright yellow sun with a blue circle in the center, partially obscured by blue and white clouds. The background is a solid blue color.

# WARM-UP #1

How do you think stress  
and ones overall mental  
health can lead to mental  
illness and/or  
depression?





# Answer

**Not handling or dealing with stress can lead to feelings of being incredibly overwhelmed. If these feelings persist, this can lead to isolation from friends, , anxiety and depression; all of which can be debilitating to ones overall wellness.**

A decorative header featuring a bright yellow sun with a blue circle in the center, partially obscured by stylized blue and white clouds. The background is a solid blue gradient.

## Warm-Up #2

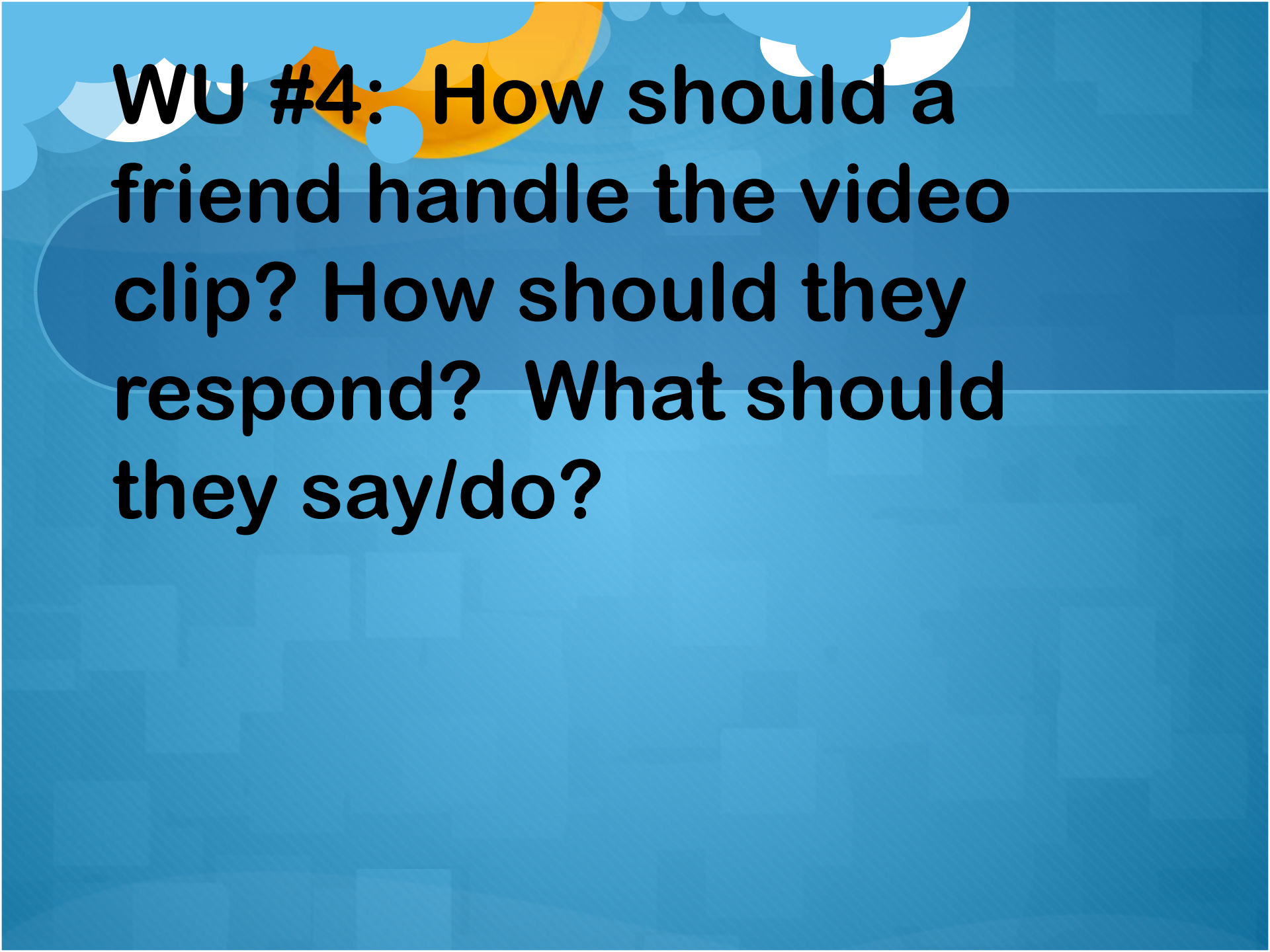
**If two of your peers are struggling with the same stressor, why do you think some people may turn to suicide, while others may overcome the stressor without self harm?**





## Warm-Up #3

While watching the video clip, document any signs or symptoms of depression and/or suicide.

The background of the slide features a light blue gradient. In the upper left, there are stylized, overlapping shapes in white and yellow, resembling a sun or a cloud. The text is centered and written in a large, bold, black font.

**WU #4: How should a friend handle the video clip? How should they respond? What should they say/do?**