



BROTHER, YOU'RE ON MY MIND

Group Activities Handout

We encourage event organizers to have a licensed mental health professional lead this activity. This will ensure someone is available to respond to questions.

PRACTICING THE ASK EXERCISE

INSTRUCTIONS

Have participants pair up and practice role-playing with their chosen scenario. One person will act as the concerned loved one, and the other person will act as the person who is depressed. The pair will act out the conversation, which the loved one will initiate to express their concern and support. Give participants about 5 minutes to act the scenario out, and then allow two to three pairs to volunteer to share their roleplay and what they learned. Participants can also make up their own scenarios.

SUGGESTED SCENARIOS

SCENARIO 1

Joseph's son, Brian, is home from college for winter break. Joseph notices that Brian sleeps nearly all day and spends all of his time in his room eating junk food. Yesterday, Brian asked whether Joseph thought the world would be better off without him.

SCENARIO 2

Kevin notices that his fraternity brother, Shawn, has missed several chapter meetings and hasn't been answering Kevin's phone calls or emails. Kevin knows that Shawn recently lost his job and is under a lot of financial pressure.

SCENARIO 3

Cheryl's husband, Robert, has seemed restless and anxious lately. He becomes irritated with her and their two children easily. He also complains frequently about aches and pains. Robert has always been a bit moody, but his being quick to anger is out of character.