

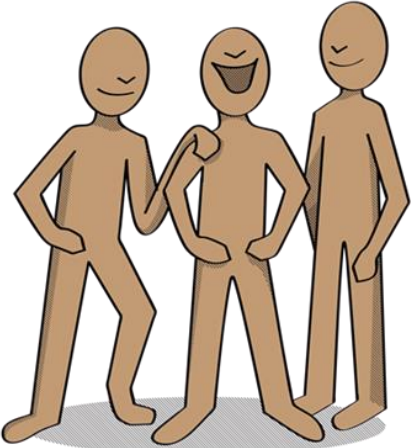


Who do you hang out with?

What do you guys do when you hang out?



How do you know them?



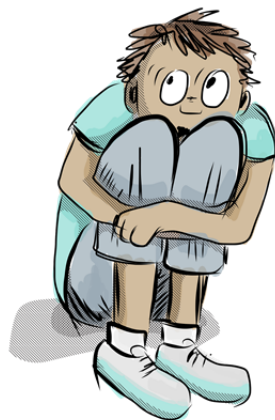
How long have you been friends?

How old are they?

Friends

Does your family like you hanging out with them?





Did anyone help you? What did they do?

How did you handle it? What did you do?

Could they help you with your problems now?

Would it help if you did that now?

Trauma

when something bad happens to you that makes you feel hopeless or like you couldn't cope

Has anything like that happened to you?
Tell me about what happened?

Has anyone you love died?



Grief and Loss – when you lose someone or something that you love

How are you
feeling about
that now?

Did anybody help
you with the way
you were feeling?

Have you ever lost someone or
something that you loved?

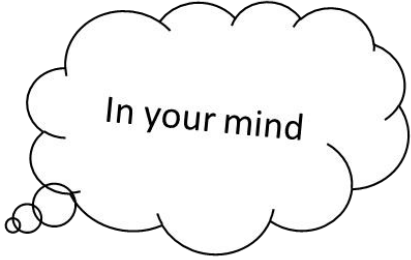
Tell me about what happened

Could they help
you now?

How are you feeling?
How often do you feel that way?



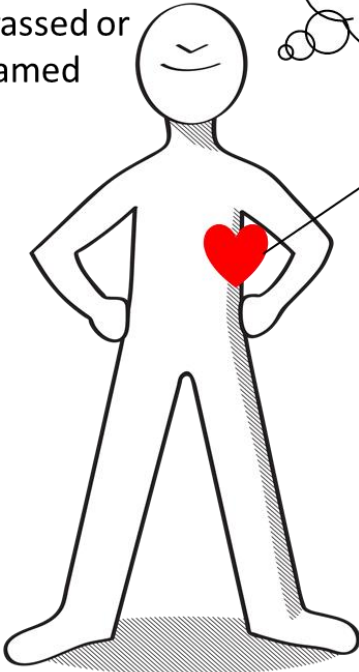
Embarrassed or
Ashamed



Sad



Angry



In your heart



Happy



Confused

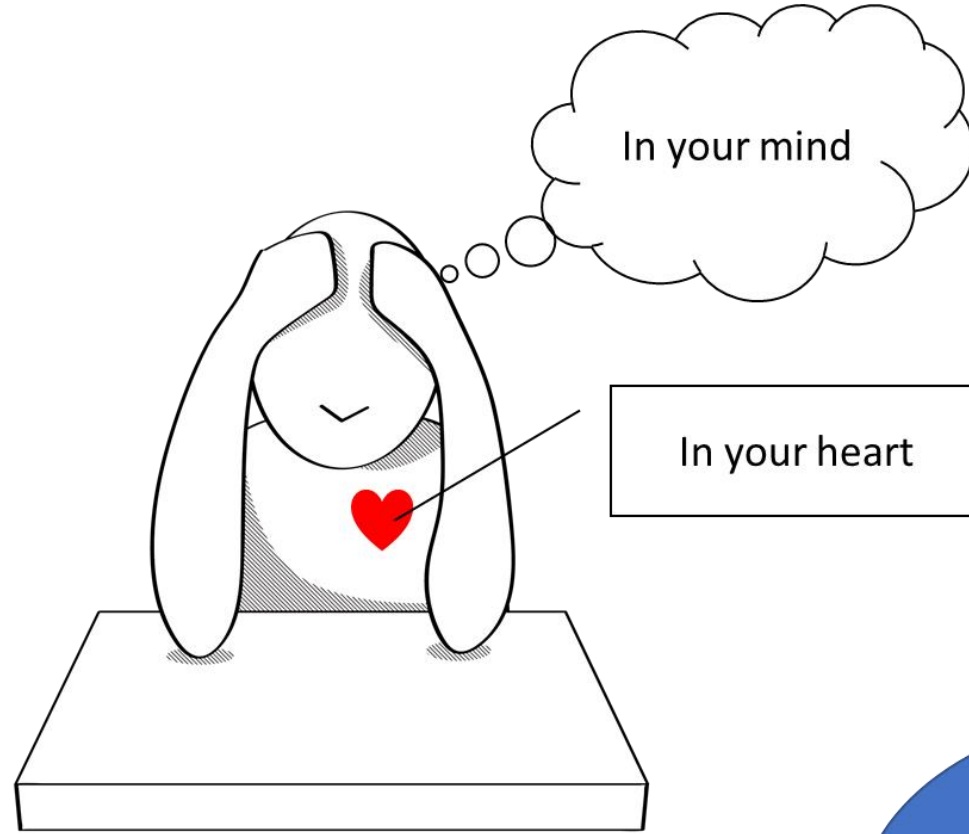


Scared



Have you ever hurt
your own body?
By cutting? Pulling
out your hair? Self
medicating?

Do you ever think
about killing
yourself?



What are the things
that make you think
about doing this?

If you're feeling.....
What do you do?

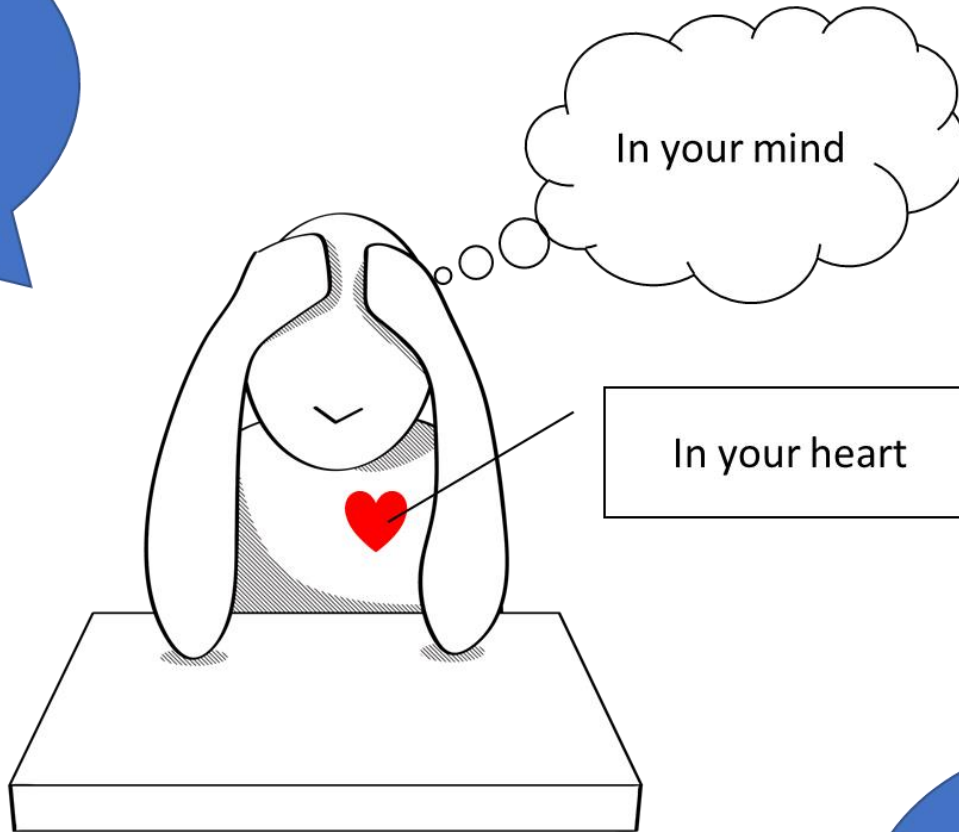
Do you do anything
to block out your
feelings?

Who do you talk to
when you feel
stressed out or angry

In your mind

In your heart

What do you do to
look after yourself?



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Talking about feelings.
In the last two weeks?

0
Never

1

2

3

4
Always



Very sad



Worried
Thinking about the
stuff that's not going
well



Scared



Restless
Can't sleep or can't relax



Stressed



Hopeless



Everything is too hard
No energy



Worthless
Nobody cares about me
I'm not important

Alternative positive version



Happy



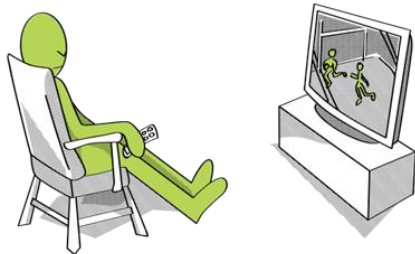
OK



Safe



Can concentrate



Chilled out



Optimistic
Looking forward to tomorrow



Love doing things

