

campus
peer
support



Canadian Mental
Health Association
Mental health for all

Never have I ever activity scenarios

For each scenario, please discuss what would help in the situation

Scenario 1:

You have a lot going on at school and in your personal life and you haven't been getting much sleep.

You miss your first class every morning this week.

Scenario 2:

You think you might have ADHD and have been trying out caffeine pills to see if it helps you study.

Scenario 3:

You sometimes get overwhelmed and feel like you want to quit school.