

### **Health Case Scenario: Tasha**

Tasha met David when he moved to town in the eighth grade. They were homeroom friends and she was assigned as his tour guide at their middle school. She helped him find his classes and introduced him to her friends and teachers. They began dating two years later when David asked Tasha to a friend's party. Now, as high school seniors, David and Tasha are planning for the future. David wants to move in with his father who lives out-of-state and work at his construction firm, while Tasha wants to attend the local community college. They fight over the differences in their life plans and eventually break up. Tasha's response to their breakup escalates from sadness to anger to thoughts of suicide. She has caring parents and a sister with whom she is close. Despite her supportive family, Tasha feels lost without David. Many days she feels that she would rather take her own life than move on without him. To keep herself occupied, she remains active in school and helps organize school events. She continues to run three miles daily in her neighbourhood after school which relieves some stress.

After several weeks, Tasha confides to her best friend Lien about her suicidal feelings. Lien is conflicted about how to help. Tasha has health insurance and can seek help at a local mental health clinics or attend a support group for teens, but she is not interested. Lien is tempted to tell Tasha's parents; her mother is a social worker and knows helpful experts, but Lien feels uncomfortable and decides not to tell Tasha's parents. Instead, Lien uses the school's computer system to schedule an appointment with a counsellor at the on-campus health clinic. The following morning she meets with a counsellor and creates a plan to help her friend.