

## **Scenarios of Mental Health Issues at Camp**

### **Anxiety Attack**

Greg is having a really tough day and appears to be really tired. His counselor, Sam, notices that he has bags under his eyes and is dragging this morning. He asks Greg if everything is okay. Greg responds to Sam telling him that he was up in the middle of the night having what he calls an "anxiety attack" and that this has happened 3 times in the last 6 nights.

### **Depression**

Emily noticed one of the campers in her cabin, Isabelle, has seemed really off since she arrived at camp, over a week ago. Emily was Isabelle's counselor last summer and remembers Isabelle being a happy kid and full of energy. She's noticed Isabelle doesn't eat much at some meals and doesn't always fully engage in cabin activities. Isabelle has a really hard time getting up in the morning to go to breakfast and moves very slowly during cabin clean up.

### **Social Anxiety**

While Abby is on her way to teach swimming, she notices a camper, Matthew, sitting on a bench in tears. Abby sits down to ask Matthew if he's okay, Matthew responds that he's been feeling left out with his cabin mates. Abby asks Matthew if he's tried talking with them or inviting them to play a game of cards. Matthew responds to Abby that whenever he tries to talk to anyone in his cabin, he gets so overwhelmed and anxious that he feels frozen.

### **General Sadness**

It's the 3<sup>rd</sup> night of camp and while Michael's going around to each of his campers to say goodnight to them, he sits down at the foot of Adam's bed to find him "reading" a book and has tears streaming down his face. Michael asks Adam if he's okay and Adam responds to him and says he's feeling sad. When Michael asks

Adam why he's feeling sad, Adam tells him that he misses home. The first two nights of camp Adam seemed well adjusted at bedtime.

### **General Nervousness**

It's the night of the camp play and Rachel seems very antsy at dinner and isn't eating as much as she normally does. Her counselor, Jamie, checks in with her to see what's going on. Rachel tells Jamie that she's really nervous for the play and it's making it hard to eat as much as she normally does. Rachel is one of the leads in the play and has never had such a big role before.