

# Brett's Story

Brett has been in a relationship with Yvonne for the past year. Recently, he has been thinking that she is no longer happy being with him. He has been trying everything to keep her with him. He cannot imagine his life without her. She is the only one that he has ever told about his hurtful family situation.

One night, Yvonne tells Brett the relationship is over. He is devastated. He thinks his life is now worthless.

You hear about the breakup. You try to reach Brett, but he will not answer his messages, and he does not show up for school. You finally get a confusing text from him telling you goodbye and to leave him alone.

Using the *Look, Listen, Link, Live*® model, answer the following questions:

- STEP 1: LOOK. What are the signs that Brett is feeling stressed and may be self-harming?
- STEP 2: LISTEN. What can you say to Brett?
- STEP 3: LINK. Where would you link Brett for help and support?
- STEP 4: LIVE. What are some healthy coping strategies that you can share with Brett to help her feel better? What can you do to take care of yourself?