CHARACTERS & MENTAL HEALTH

Chosen Character:

Mental Health Concern (Depression or Anxiety):

Symptoms this character exhibits & examples from the novel that support this:

Symptoms	Examples from the novel as support

Suggestions / tips to help	(character)
boost their mental health and resiliency. You can use	a character
from the novel or imagine a real person of the same ag	ge.

What are some resources available in our community to individuals coping with the same mental health concerns. You may research what resources are available using online resources. Remember to keep your character's age in mind.