

Lina's Story

Lina finally has a date this Friday. She is feeling excited but very nervous. She had a bad breakup with her last partner. She has had trouble trusting people since then. Lina never talked to anyone about her last relationship, and she feels agitated and angry all the time. She is hoping this date goes well and that it will help her move on.

She tells her mom that she is going out on Friday. Her mother informs her they have a dinner with her Grandma who is not feeling well, so Lina will have to reschedule her date. Lina bursts into tears at this news and begins yelling and screaming at her mother. Her mother tries to talk to her, but Lina will not listen. Lina starts shouting, "You do not care about my life at all! I never want to do anything with this family!" Lina runs to her room and slams the door.

Lina sends you an emoji with a sad face and tears, and she asks you to come over. When you see Lina, she is red in the face and shaking. She bursts into tears.

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

- STEP 1: LOOK. What are the signs that tell you Lina needs help?
- STEP 2: LISTEN. How would you approach Lina to talk to her? What would you say?
- STEP 3: LINK. Where would you link Lina for help and support?
- STEP 4: LIVE. How would you take care of yourself, and what suggestions would you have for Lina?