## STUDY GUIDE CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Story</td>
<td>1–13</td>
</tr>
<tr>
<td>Exercises</td>
<td>14–28</td>
</tr>
<tr>
<td>Dictionary</td>
<td>29–30</td>
</tr>
<tr>
<td>Helpful Information</td>
<td>31</td>
</tr>
<tr>
<td>Answers</td>
<td>32</td>
</tr>
</tbody>
</table>

---

**Rafaela’s Test**

There are many tests in life.

---

**Watch • Read • Learn**

www.nyc.gov/WeSpeakNYC
Test Anxiety

Rafaela is studying for her High School Equivalency (HSE) diploma. She is worried about passing the test.

Her classmate and friend, Zara, has taken the test before. She has good advice.

HSE Test Day

Rafaela is too scared to take the test. Outside the school, her heart starts beating very fast. She has trouble breathing.

The Emergency Room

Rafaela goes to the emergency room at a hospital. She talks to a doctor.

The Story

I don’t think I’m ready.

Don’t worry. If you don’t pass, it’s not the end of the world.

I took the High School Equivalency test once already. I passed the science section, but not the other subjects.

I’m scared of failing.

If I fail again, I can take it again.

We’ve studied hard in this program. We’ll do our best, Rafaela, and we’ll be fine.

That could be it. Tests can sometimes cause a lot of stress and anxiety.

If I fail again, I can take it again.

We’ve studied hard in this program. We’ll do our best, Rafaela, and we’ll be fine.

I don’t want that to ever happen again. What can I do?

There’s a free New York City program called NYC Well. It has a great website with information about things you can do to manage and reduce stress.

Don’t worry. If you don’t pass, it’s not the end of the world.

If I fail again, I can take it again.

Don’t worry. If you don’t pass, it’s not the end of the world.

We’ve studied hard in this program. We’ll do our best, Rafaela, and we’ll be fine.

Thank you very much, doctor.

We’ve studied hard in this program. We’ll do our best, Rafaela, and we’ll be fine.

You can call anytime, day or night. You can speak with a peer counselor about anything going on in your life.

peer counselor = someone like yourself who has experienced anxiety, depression or other difficulties and can help you.
Later That Evening
Rafaela goes home, but she doesn’t tell her mom what happened.

The Next Morning
Rafaela doesn’t get out of bed to go to work with her mom.

Rafaela tells Zara about the panic attack. Rafaela’s voice doesn’t show any emotion.

Zara Visits Rafaela
Zara doesn’t know what happened to Rafaela on the day of the test.

Rafaela tells Zara about NYC Well.

We Have Work to Do!
What’s the matter? If you are worried about the test, stop worrying. You probably did fine.

You’re Putting So Much Pressure on Me.

Leaving Me Alone.

The doctor gave me this brochure, but I don’t want to make the call.

I think it’s important to get help.
Suddenly, Rafaela shows up. She looks and sounds better.

Rafaela, my love. I’m sorry for getting angry with you.

Oh, Rafaela!

How do you feel now? You look good.

I’m feeling much better.

It’s okay. I know you were worried about me... Both of you.

I’ve decided to go back to school. I’m not giving up.

Zara, I don’t think I can do this.

What’s going on?

We Speak NYc • Season 2

Rafaela and Zara Study Together

Rafaela and Zara are continuing in the HSE program. Zara took the test again. She did better than before, but still didn’t pass it all. They help each other study.

She has been in bed for the last couple of days.

The doctor gave Rafaela a number to call to get help with managing stress and anxiety.

It’s 1-888-NYC-WELL. But Rafaela said she doesn’t want to call.

Suddenly, Rafaela shows up. She looks and sounds better.

Zara Speaks With Rafaela’s Mom

They are both worried about Rafaela.

But after a few weeks, Rafaela feels very anxious again.

Both of you.

It’s 1-888-NYC-WELL.

The doctor gave Rafaela a number to call to get help with managing stress and anxiety.

Rafaela’s Test

I can’t concentrate.
Reducing Stress
Zara gets tips from the NYC Well website to help her friend reduce her stress and anxiety.

One week before the test
I got this from the NYC Well website.

It’s for lowering stress.

Rafaela and Zara try a few techniques.

This one is called, “full body relaxation.”

Close your eyes, breathe and feel your stomach muscles relax.

Can we take the test lying down?

Let’s do this everyday!

HSE Test Day
Before the test, Rafaela takes a few deep breaths. She prepares herself, mentally and physically, for the test.

Rafaela and Zara take the test.

After the test, they meet in the hallway. Zara wants to celebrate. Rafaela doesn’t want to. She doesn’t sound happy.

And even if we pass it, then what do we do?

We did it!
Let’s celebrate.

I thought you wanted to go to college.
The Envelope
A few weeks after the test, the results arrive in the mail. Rafaela is afraid to open the envelope. Her brother, Martin, and her mom encourage her.

Everyone is happy for Rafaela. But Rafaela doesn’t look happy. Something’s wrong...

What’s Going On?
Mom and Martin are worried about Rafaela.

At a Café
Rafaela and Zara talk at a café where Zara works. Zara encourages her to call NYC Well.

You studied so hard for the test, but you don’t care that you passed. What about college? I don’t care about college.

I don’t think I can talk to a stranger on the phone about my problems. Why don’t you try?

That’s fantastic! Now you can go to college. You can do whatever you want in life!

Well?
I passed.

It’s been there all day.
You’ll take the test again.
What if I failed?

What about NYC Well... the number that Zara told you about?
I think she’s scared to call.

What about calling NYC Well? You can speak with someone who has gone through anxiety and depression, and knows how to help.

I don’t think a call can help me. It’s like she wasn’t happy that she passed.

I don’t know what to do. It’s making me very nervous.

That’s fantastic! Now you can go to college. You can do whatever you want in life!

I don’t think I can talk to a stranger on the phone about my problems.

I passed.

It’s like she wasn’t happy that she passed.

You can speak with someone who has gone through anxiety and depression, and knows how to help.

I think she’s scared to call.

I don’t know what to do. It’s making me very nervous.

Everyone is happy for Rafaela.

But Rafaela doesn’t look happy. Something’s wrong...
The Call
Rafaela decides to call NYC Well.

Rafaela’s nervous, but the peer counselor is a very good listener.

Rafaela opens up.

Rafaela talks about the difficulties in her life.

... And she reassures Rafaela.
Who We Are
Complete the sentences. Follow the example.

Alicia • peer counselor • doctor • Rafaela • Martin • Zara

1. My name is __________________. I’m originally from Mexico. I live with my mother, my brother and his daughter, Isabel. I work at our family’s food cart. I didn’t finish high school, but I’m going back to get a High School Equivalency diploma. I have an important story to tell.

2. I’m __________________. I’m Rafaela’s and Martin’s mother and Isabel’s grandmother. I manage our family’s food cart. I get worried when I see my daughter depressed. I am so glad Rafaela has a good friend like Zara. I am also very glad for the support of NYC Well.

3. I’m __________________. I’m Rafaela’s best friend. We’re classmates. We prepare for the HSE test together. It’s not easy, but together, we can do it.

4. I’m __________________. I work in the ER (Emergency Room) in a hospital. I help Rafaela when she has a panic attack. I tell her about an important program called NYC Well. It helps people with anxiety, depression and other personal issues.

5. I’m __________________. I work at NYC Well. I help Rafaela when she needs to talk.

6. I’m __________________. I’m Rafaela’s brother. I’m also her coworker. We work together in our family’s food cart in Sunset Park. We support each other. We are a strong family.

After the Call
Rafaela speaks with her mom.

You can get free help at NYC Well.

We don’t feel embarrassed when we get the flu.

I just spoke with someone at NYC Well, and it was very good for me.

Would you like me to do that for you?

I just spoke with someone at NYC Well, and it was very good for me.

Mami?

Come here, my love.

Yes, please. That would be very good.

Would you like me to do that for you?

We don’t feel embarrassed when we get the flu.

So you don’t need to feel guilty or embarrassed if you are depressed.

If you would like, we can find a service in your community where you can talk to someone regularly to help you feel better.

Come here, my love.

If you would like, we can find a service in your community where you can talk to someone regularly to help you feel better.

Would you like me to do that for you?
Lesson 2

What Happens?

Complete the sentences. Follow the example.

<table>
<thead>
<tr>
<th>emergency room</th>
<th>stress</th>
<th>HSE</th>
<th>panic attack</th>
<th>anxiety</th>
<th>advice</th>
<th>worried</th>
<th>NYC Well</th>
</tr>
</thead>
</table>

1. Rafaela is studying for her ________ diploma. She tells her friend, Zara, that she is _________ about the test. Zara gives Rafaela good _________. She tells Rafaela, “We will do our best.”

2. On the day of the HSE test, Rafaela’s heart starts beating very fast. She doesn’t take the test. Instead, Rafaela goes to the _________ at a hospital.

3. The doctor asks Rafaela, “Are you going through a lot of _________ these days?” Rafaela explains about the test.

4. Rafaela says, “I thought I was having a heart attack.” The doctor says that Rafaela was having a _________. In a panic attack, the body reacts to stress and anxiety.

5. The doctor tells Rafaela about _________. It is a program that helps people reduce stress and _________. It is free and confidential.

6. Rafaela arrives home late, but doesn’t tell her mom what _________. The next day, Rafaela _________ in bed. Her mom is worried.

7. Zara is also worried about Rafaela. She _________ Rafaela at home. Rafaela tells Zara about the panic attack. She says, “I don’t want to study anymore. I don’t feel like doing anything anymore.” Zara is worried that Rafaela is anxious and _________.

8. Zara ________________ Rafaela to call NYC Well but Rafaela doesn’t want to call.

9. Zara goes to the food cart and tells Rafaela’s mother about NYC Well. She gives Rafaela’s mother the NYC Well phone number. It’s 1-______-NYC-WELL.

10. Rafaela surprises her mom and Zara at the food cart. She says she is feeling better and wants to go back to school. She says, “I’m not _______________”

11. After a few weeks, Rafaela can’t _________ on her studies in school. Zara helps Rafaela. She gives her some information about how to _________ and reduce stress. She got it from the NYC Well website.

12. Rafaela and Zara sit on the grass. They do two exercises to reduce stress. One exercise is called “Take a Deep _________. ” The other exercise is called “Full Body Relaxation.”

13. The exercises help. A few days later, Rafaela takes the test. A month later, she gets an envelope in the mail. Her family is so excited. She _________ the test! But something’s wrong. Rafaela looks depressed again.

14. This time, Rafaela calls NYC Well. She speaks with a peer ________ who listens to Rafaela. She tells Rafaela, “Don’t feel ________ if you are depressed. Anxiety and ________ are very common. We can find a service in your community where you can speak with someone regularly to feel better.”

15. Rafaela feels _________ after the call. She tells her mom the good news.
**Talking about Mental Health**

Definitions

Find the meaning. Follow the example.

1. mental health  __________  control and lower worries and pressure
2. stress  __________  deep sadness and no motivation
3. anxiety  __________  your emotional condition
4. depression  __________  a free service in NYC that helps people manage stress, anxiety, depression and other personal issues
5. panic attack  __________  worry and pressure from life problems
6. NYC Well  __________  nervousness about what can happen
7. peer counselor  __________  someone like yourself who has experienced anxiety or depression and can help you
8. manage and reduce stress  __________  when your body reacts strongly to stress and anxiety

9. cure an illness
10. do something fun for a special occasion
11. feeling ashamed
12. focus your mind on something
13. give someone courage and confidence to do something
14. private; not shared with the public
15. quit; stop doing something

**Lesson 3**

Where Is It?

Find these things in the story. Write the page number(s). Follow the example.

1. blackboard  __________  pages 1, 8
2. school gate  __________  page
3. clock  __________  page
4. stethoscope  __________  page
5. NYC Well brochure  __________  pages
6. pillow  __________  pages
7. baseball cap  __________  pages
8. headphones  __________  pages
9. apron  __________  page
10. umbrella  __________  page
11. envelope  __________  page
12. mirror  __________  pages
Talking about Mental Health

Dialogue I

Complete the sentences. Follow the example.

panic attack • stress • NYC Well • confidential • reduce
heart attack • peer counselor • text • anxiety

Doctor: Your test results are normal. Your lungs sound very good, very clear. Are you going through a lot of (1) _____ stress _____ these days?

Rafaela: This morning I was going to take the test for my High School Equivalency diploma. My heart started racing and I had trouble breathing.

Doctor: That could be it. Tests can sometimes cause a lot of stress and (2) _________________.

Rafaela: I thought I was having a (3) ___________________.

Doctor: You weren’t having a heart attack. But I think you were having a (4) _________________. In a panic attack, the body panics in reaction to stress.

Rafaela: I don’t want that to ever happen again. What can I do?

Doctor: There’s a free New York City program called (5) _________________. It has a great website with information about things you can do to manage and (6) _________________. You can call anytime day or night. You can speak with a (7) _________________. about anything going on in your life. You can (8) _________________. or chat, too, if you don’t want to talk. It’s free and (9) _________________.

Rafaela: Thank you very much, doctor.

peer counselor = someone like yourself who has experienced anxiety, depression or other difficulties and can help you.

Lesson 6

Talking about Mental Health

Dialogue II

Complete the sentences. Follow the example.

Mental health • common
embarrassed • depressed
get better • treat
community

Peer Counselor: Anxiety and depression are very (1) _____ common _____.

Rafaela: I didn’t know it was so common. I don’t want to talk about it with anybody. I don’t want people to think that I’m crazy.

Peer Counselor: You are not crazy. And it’s important to remember that this is not your fault. And the good news is, we can help you (2) _________________.

Rafaela: Really?

Peer Counselor: Absolutely. (3) _________________. is just like physical health. We can (4) _________________. it, and it’s nothing to be (5) _________________. about. We don’t feel embarrassed when we get the flu. So you don’t need to feel guilty or embarrassed if you are (6) _________________. If you would like, we can find a service in your (7) _________________. where you can talk to someone regularly to help you feel better. Would you like me to do that for you?

Rafaela: Yes, please. That would be very good.
Lesson 7

Talking about Feelings

How do you feel today?

What do you see in each picture that helps you decide?

confident or depressed or stressed?

I feel _stressed_.
I feel _confident_.
I feel _depressed_.

hopeful or panicked or relaxed?

1. I feel ___________ 2. I feel ___________ 3. I feel ___________

worried or happy or angry?

4. I feel ___________ 5. I feel ___________ 6. I feel ___________

great or concerned or surprised?

7. I feel ___________ 8. I feel ___________ 9. I feel ___________

Lesson 8

Talking about Mental Health and NYC Well

Circle can or can’t. Follow the example.

1. When you feel stressed, you _can_ / _can’t_ concentrate and you _can_ / _can’t_ relax.

2. When you have a panic attack, it feels like you _can_ / _can’t_ breathe.

3. When you feel stressed, you _can_ / _can’t_ call NYC Well.

4. An NYC Well counselor _can_ / _can’t_ help you find a service in your community.

5. When a friend feels anxious, you _can_ / _can’t_ encourage your friend.

6. When you are depressed, you often feel like you _can_ / _can’t_ do anything.

7. You _can_ / _can’t_ learn tips to take care of your mental health on the NYC Well website.
Good Question!
Choose a good question. Follow the example.

1. You are a doctor. Ask your patient if she is feeling a lot of stress.
   Are you going through a lot of stress these days?

2. You are a patient. Ask the doctor what action you can take.

3. You are a friend. Ask your friend how she feels.

4. You are a parent. Ask your daughter or your son if she/he wants to talk about her/his feelings.

5. You are a parent. Ask a counselor how you can help your daughter.

What Can You Say?
Choose the best words. Follow the example.

1. You are Zara. Encourage your friend to call NYC Well.
   I think it’s important to get help.

2. You are Alicia. Ask your daughter to forgive you for getting upset with her.

3. You are Rafaela. Tell an NYC Well counselor how you are feeling.

4. You are Rafaela. Tell your friend that you are not quitting.

5. You are Zara. Encourage your friend about the test.
## What Can You Do?

Match the problem with the best solution. Follow the example.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Your friend seems depressed.</td>
<td>If you are looking for ways to help your friend relax, go to the NYC Well website: <a href="http://nycwell.cityofnewyork.us">nycwell.cityofnewyork.us</a></td>
</tr>
<tr>
<td>2. Your sister wants information about going to college.</td>
<td>It's not a problem if you don't want to talk on the telephone. You can text &quot;WELL&quot; to 65173 and talk by texting. Or you can chat on your computer at the NYC Well website: <a href="http://nycwell.cityofnewyork.us">nycwell.cityofnewyork.us</a>. NYC Well is available 24 hours a day, 7 days a week.</td>
</tr>
<tr>
<td>3. You want to help your friend relax.</td>
<td>Talking to someone might help your friend manage her depression. Let her know she can talk to you. She can also contact NYC Well at 1-888-NYC-WELL, especially if she wants to talk with a professional or with someone who has experienced depression.</td>
</tr>
<tr>
<td>4. You want to contact NYC Well, but you don’t want to talk on the telephone, and it is late at night.</td>
<td>Your sister can find information about applying to college on The City University of New York website: <a href="http://www2.cuny.edu/">www2.cuny.edu</a></td>
</tr>
</tbody>
</table>

## Watch the Show

### Watch Rafaela’s Test.

Listen carefully. Find out who says these lines.

### Who says it?

1. “It’s someone like yourself who has experienced anxiety or depression or other difficulties and who knows how to help you get through difficult times.”
2. “When you are done with the tomatoes, can you fill the cooler with ice?”
3. “Your mom let me in.”
4. “She sounds like me when I was her age.”
5. “I might not have passed my HSE test.”
6. “Well, if you didn’t pass it, then we’ll study together.”
7. “Let her know she is not alone.”
8. “Maybe you can continue your education.”
9. “Everyone has a story to tell. Right, Mami?”
10. “That is very true.”
Watch the Show

What’s going on?

What do you think is going on in these pictures?

Watch We Speak NYC • Rafaela’s Test to find out what is going on.
Go to www.nyc.gov/WeSpeakNYC

Tell the Story

Use these words to tell a friend about Rafaela’s Test.

1. Find the names of five characters.
   1.
   2.
   3.
   4.
   5.

2. Find the number Rafaela calls.

3. Find the test Rafaela passed.

4. Find three ways to contact NYC Well. (three words)
   1.
   2.
   3.

5. Find two tips for reducing stress.
   (One tip has three words, and one tip has four words.)
   1.
   2.
<table>
<thead>
<tr>
<th>English</th>
<th>Español</th>
<th>中文</th>
<th>Русский</th>
<th>বাংলা</th>
<th>العربية</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. anxiety</td>
<td>ansiedad</td>
<td>焦虑</td>
<td>тревога</td>
<td>Ｕড়েগ</td>
<td>الفلق</td>
</tr>
<tr>
<td>2. confidential</td>
<td>confidencial</td>
<td>保密</td>
<td>конфиденциальный</td>
<td>পোশনীয়</td>
<td>سري</td>
</tr>
<tr>
<td>3. depressed/depression</td>
<td>deprimido/depresión</td>
<td>抑郁</td>
<td>в подавленном состоянии/ депрессия</td>
<td>অবসন্ন/অবসাদ</td>
<td>مكتب/كتاب</td>
</tr>
<tr>
<td>4. emergency room</td>
<td>sala de emergencia</td>
<td>急诊室</td>
<td>медпункт</td>
<td>প্রমার্জিতি কুম</td>
<td>غرفة الطوارئ</td>
</tr>
<tr>
<td>5. High School Equivalency diploma/ High School Equivalency Test</td>
<td>Diploma de Equivalencia de Educación Secundaria / Prueba de Equivalencia de Educación Secundaria</td>
<td>高中相等文凭 / 高中同等学力考试</td>
<td>аттестат об окончании средней школы/экзамен для получения аттестата об окончании средней школы</td>
<td>হাই স্কুল সমতুল্য ডিগ্রিম/হাই স্কুল সমতুল্য পরীক্ষা</td>
<td>دبلومة معاودة للثانوية/اختبار معادلة للثانوية</td>
</tr>
<tr>
<td>6. manage and reduce stress</td>
<td>manejear y reducir el estrés</td>
<td>调节并减少压力</td>
<td>контролировать и снижать стресс</td>
<td>চাপ সামনান ও কমান</td>
<td>السبيرة على التوتر</td>
</tr>
<tr>
<td>7. mental health</td>
<td>salud mental</td>
<td>心理健康</td>
<td>психическое здоровье</td>
<td>মানসিক স্বাস্থ</td>
<td>الصحة العقلية</td>
</tr>
<tr>
<td>8. NYC Well</td>
<td>NYC Well (programa de ayuda para la salud mental)</td>
<td>NYC Well 网站 (帮助危机中的纽约人，为您连接免费、保密的心理健康支持。)</td>
<td>portal NYC Well (веб-сайт для помощи жителям Нью-Йорка в стрессовых ситуациях)</td>
<td>NYC Well (নিউ ইয়র্কের স্বাস্থ্য সেবা সমাপ্তি ক্ষেত্রে যোগ দেয়ার জন্য।)</td>
<td>موقع NYC Well يساعد هذا الموقع سكان نيويورك في الأزمات. ويكون الإتصال مجاني. كما أنه يقدم الدعم للصحة العقلية.</td>
</tr>
<tr>
<td>9. panic attack</td>
<td>ataque de pánico</td>
<td>恐惧症</td>
<td>паническая атака, приступ паники</td>
<td>আতর্কের আক্রমণ</td>
<td>نوبة ذعر</td>
</tr>
<tr>
<td>10. peer counselor</td>
<td>asesoramiento de pares (especialista de asesoría de pares, asesores que han experimentado dificultades similares)</td>
<td>朋辈辅导员 (朋辈支持专家)</td>
<td>равный консультант (лицо, оказывающее помощь на основании собственного опыта болезни другим больным с тем же диагнозом)</td>
<td>সহযোগী নরমন্ত্রী (নরমন্ত্রীকে সহযোগীর দিকে বিশ্বেষণ)</td>
<td>المستشار القانوني (خصوصي دعم فرن)</td>
</tr>
<tr>
<td>11. relaxation</td>
<td>relajación</td>
<td>放松</td>
<td>расслабление</td>
<td>বিপ্রাম</td>
<td>استرخاء</td>
</tr>
<tr>
<td>12. stress</td>
<td>estrés</td>
<td>压力</td>
<td>стресс</td>
<td>চাপ</td>
<td>الضغط</td>
</tr>
</tbody>
</table>
### What You Can Do To Manage Your Mental Health (and Help Others)

#### Rafaela
Be aware of your mental health and know what calms and relaxes you. You can do any activity mindfully, simply by slowing down and focusing. Find tips for living mindfully at NYC Well: nycwell.cityofnewyork.us/en/  
If you need an interpreter, ask for one!

#### Alicia
Know the warning signs of suicide. If someone you know is talking about wanting to die, feeling hopeless, or sleeping too much, these could be warning signs. Get more information at NYC Well and talk to a counselor. It’s free and confidential!

#### Teacher
Test anxiety is very common. You can find relaxation tips on the NYC Well website. Learn to breathe. Do your best. If you need help or extra time, talk to your teacher.

#### Martin
If you or your child has test anxiety, you can find suggestions at: www.copewithschoolnyc.com/coping-test-anxiety/

#### Zara
Know who to call to help someone in a crisis. A crisis is a time of intense stress, anxiety, depression or related to some other event in your life. If you are in a crisis, call NYC Well: 1-888-NYC-WELL.

#### Doctor
An emergency is a situation that requires immediate attention. If someone is at immediate risk of hurting themselves or someone else, or is in immediate danger because of a health condition or other situation: Call 911 immediately.

### Answers

#### Who We Are
1. Rafaela  
2. Alicia  
3. Zara  
4. doctor  
5. peer counselor  
6. Martin

#### What Happens?
1. HSE, worried, advice  
2. emergency room  
3. stress  
4. panic attack  
5. NYC Well, anxiety  
6. happened, stays  
7. visits, depressed  
8. encourages  
9. BSB  
10. giving up  
11. concentrate, manage  
12. Breath  
13. passed  
14. counselor, embarrassed, depression  
15. better

#### Where is It?
1. pages 1, 8  
2. page 1  
3. page 2  
4. page 2  
5. pages 2, 4  
6. page 3, 11, 12, 13  
7. pages 3, 5  
8. pages 4, 11, 12, 13  
9. page 5  
10. page 5  
11. page 9  
12. pages 12, 13

#### Talking about Mental Health and NYC Well: Dialogue I
1. stress  
2. anxiety  
3. heart attack  
4. panic attack  
5. NYC Well  
6. reduce  
7. peer counselor  
8. text  
9. confidential

#### Talking about Mental Health and NYC Well: Dialogue II
1. common  
2. get better  
3. mental health  
4. treat  
5. embarrassed  
6. depressed  
7. community

#### Talking about Feelings: How do you feel today?
1. panicked  
2. relaxed  
3. hopeful  
4. angry  
5. worried  
6. happy  
7. concerned  
8. surprised  
9. great

#### Talking about Mental Health and NYC Well
1. can’t, can’t  
2. can’t  
3. can  
4. can  
5. can’t  
6. can’t

#### Good Question!
1. Are you going through a lot of stress these days?  
2. What can I do to reduce stress?  
3. How are you feeling?  
4. Would you like to talk about it?  
5. What can I do to help my daughter?

#### What Can You Say?
1. I think it’s important to get help.  
2. I’m sorry for getting angry with you.  
3. calling because I think I am depressed.  
4. I’m not giving up.  
5. We’ll do our best.

#### What Can You Do?
1. C  
2. D  
3. A  
4. B

#### Watch the Show / Who says it?
1. doctor  
2. Alicia  
3. Zara  
4. Alicia  
5. Zara  
6. Rafaela  
7. counselor  
8. counselor  
9. Rafaela  
10. Alicia

#### Tell the Story
1. Rafaela, Alicia, Zara, Martin, Isabel  
2. 1-888-NYC-Well  
3. HSE  
4. call, text, chat  
5. take a deep breath, full body relaxation
Watch
Read
Learn

www.nyc.gov/WeSpeakNYC