

## **Find resources in our community that will help you through this situation.**

### **Scenario:**

You just graduated high school and are planning to go to college. You are living at home with your parents, but you are sick of living at home because you feel like your parents are always on your back and you are fighting all the time, so you want to move in with some friends. First you have to get a job. You don't have a resume and have very little job experience. You got a minimum wage job at Chuck-E-Cheese that will do for now until you can find a better job.

Once you have saved enough money for the deposit, you move into an apartment with a good friend. After a few months, your friend got busted for selling crack and went to jail. Because your name is on the lease, you are responsible to pay the whole rent or it will ruin your credit. You barely manage to make rent each month and have no money for food. You end up working overtime, and you don't have anytime to even think about going to college right now.

Just as you thought things couldn't get worse, you found out that your girlfriend is now pregnant. Her parents kicked her out of her house so she comes to live with you. You both usually get along well, but her hormones are making her angry and she blames everything on you so you fight a lot. Sometimes the fighting escalates to verbal physically abusive. You love her and want to make things work out. Obviously, you both need to learn about healthy relationships to make this work.

Your girlfriend also needs to go to the doctor and learn how to take care of her body to have a healthy pregnancy. You want to support her, but you also need to take care of yourself too. You are becoming so stressed out and depressed the only thing that calms you down and makes you feel better is smoking pot and drinking alcohol, but your girlfriend gets so mad when you do because all you do when your high is sit on the couch and play some weird video game that she doesn't know anything about and she feels that you ignore her, which leads to fighting.

Meanwhile you are starting to get late notices on your rent, because your last pay check you spent some money on weed and alcohol. You just got a notice for 3 days to pay or vacate.

And now... Damn.....taxes are due!! You've never filed taxes before! This puts you over the edge and you feel like ending your life.

### **So right now you're struggling!**

- You have no money
- A baby on the way
- Relationship problems
- No food
- A crap job
- Substance Use
- Rent due or your homeless...
- Stressed, depressed and suicidal
- And this whole time you have been thinking about going to college.

**What other problems are happening??**

**What are you going to do?**

**What resources are available to help you and how do you access them?**

**What would you do differently?**