1.) A friend of yours on the gymnastics team suffers a career ending injury. She seemed ok at first but recently she has become more withdrawn and has stopped coming to any team related activities. She also doesn't want to go out anymore and won't return phone calls. You know how important her sport was to her and are concerned.

2.) A friend calls you on the phone crying hysterically because her boyfriend just broke up with her. You know it was her first serious relationship and they did everything together. She keeps saying, "You just don't understand, you don't understand." Clearly she is distraught.

3.) You notice your teammate has been wearing long sleeves lately. It seems a little odd to you because the weather outside is too warm for long sleeves. Lately, he has been withdrawn and at times irritable. He seems to be under a lot of pressure but does not wish to talk about it. During a practice, his sleeve slips just enough for you to see what appears to be a couple of old scars and a few new cuts along his forearm. You are alarmed.

4.) You notice that your friend Jessica has seemed detached and disengaged during the past few months. She rarely comes to book club, and when she does, she doesn't say much. You're concerned about her. You ask her when you're alone if she's okay and she says she's been really depressed lately.

5.) My 57 year old mother died after a short illness last June. She was a wonderful mother and my 66 year old father adored her. They had been married for 38 years. He is finding it extremely difficult to cope without her. To make matters worse, he retired just two months before she died and is at a loss to fill his days. He is disorganized and has not established any pattern in his life. I invite him for meals and outings, but he is detached and depressed. I am 34 and have small children. I thought being with the children would help him, but it's as though he doesn't see or know them. He just sits and stares into space for much of the day. He seems locked into his grief.