



Mental Health Awareness Week

Who Can Help?



GETTING HELP

Time: 15 minutes

Materials: “Getting Help” worksheet

Directions:

Hand out the “Getting Help” worksheet. Go through each section as a group and encourage discussion as they complete their own paper.

1. We know that because of the time they spend together, friends may be more aware of changes in behavior and the first ones to notice that someone is struggling. Discuss different signs that someone might need mental health support, including things that they say and things they do. Have students list some on the lines on their page.
2. Sometimes it is hard to know what to say if you are worried about a friend. Talk about what friends could say to each other to be supportive, and have students place a few they like in the text boxes on the phone.
3. It’s important that teens reach out to a trusted adult if they are worried about a friend or even themselves. It’s okay to talk to friends, but they also need to talk to an adult, because adults have more power to help. Have students list adults they trust in the appropriate boxes for school, home, and the community. Community people could include religious leaders, coaches, work supervisors, mentors, and more.
4. Lastly, take special care to discuss what to do if they think someone is in danger of hurting themselves or others. If they can’t connect with a trusted adult, they can call the National Suicide Hotline at 1-800-273-8255. They can also anonymously chat with a mental health professional by texting any word to 741-741. They must call 911 if it is an emergency.



Encourage students to share their “Getting Help” worksheet with their families.



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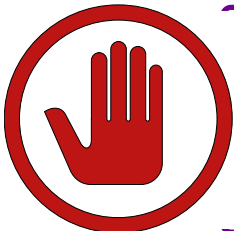
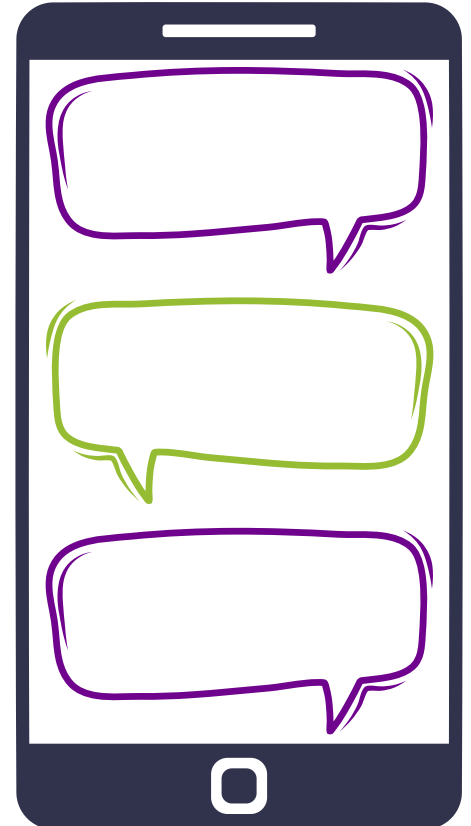
Getting

HELP

You might be the first person to notice if a friend is struggling. What are some signs that a friend might need some mental health support? What might you see or hear? Write them below.

We know that teens are most likely to talk to their friends first about mental health.

On the phone to the right, write things you could say to a friend if you were worried about their mental health.



If you are worried that you or someone else may hurt themselves or others, you must act:

Tell an Adult
Text "help" to 741741
Call 911
Call 800-273-8255

Adults I Can Talk To

Even though teens often go to their friends first, it's better to talk to an adult to get mental health help. Who can you talk to if you're worried about yourself or a friend?

In My Family

At School

In the Community

Blank space for writing names of adults in the family.

Blank space for writing names of adults at school.

Blank space for writing names of adults in the community.