



Mental Health Awareness Week Who Can Help?



SEIZE THE AWKWARD

Time: 20-30 minutes

Materials: None

Have students visit [SeizeTheAwkward.org](https://www.seizetheawkward.org) or bring it up on a SMART board to explore together.

It can sometimes feel uncomfortable engaging in a conversation with someone about mental health, but it can have a huge impact—both for you and for the other person. Let’s explore some strategies to make this conversation a little easier.

Explore the different tabs under “Having a Conversation.” Begin by learning the signs that a friend may be struggling with their mental health. Be sure to explore the online warning signs at the bottom of the page. Are there any other signs that students would add to the list?

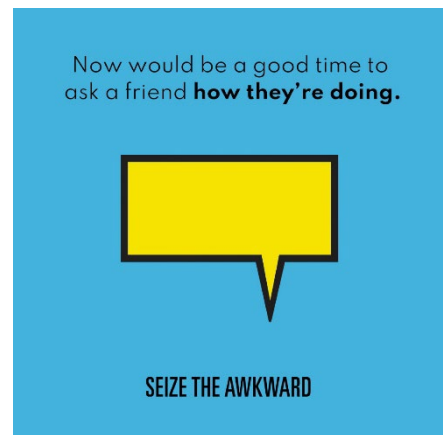
Next, move on to the “Starting the Conversation” page. Explore with students when and where they might begin a mental health conversation with a friend. Read through the provided conversation starters. What are some others that teens might use?

Now explore the “During the Conversation” page. Reiterate that there is no “right” way to have a serious conversation with a friend. It’s about doing what feels comfortable and being a good listener. Let your friend know you care.

Explore the questions at the bottom of the page and ask students what they would do in those situations. Reiterate that if a friend needs mental health support, it’s not a good idea to keep it a secret. Often, professional mental health supports are necessary, and adults need to help make that happen. If the friend is in crisis, reach out to any of the resources in the box to the left.

Lastly, explore “After the Conversation.” This page explores ways that teens can keep the conversation going and continue to support a friend.

Encourage friends to explore the “Additional Resources” on their own.



In a Crisis

You are not alone, and help is available 24/7. You can reach out to the Crisis Text Line by texting **SEIZE to 741741** and call the National Suicide Prevention Lifeline at **1-800-273-8255**

For support en Español, call the National Suicide Prevention Lifeline at **1-888-628-9454**
To speak with someone in Cantonese,

Mandarin, Fujianese, Japanese, or Korean, call the Asian LifeNet Hotline at **1-888-628-9495**

These resources are free, and everything you tell them is confidential, unless it's essential to contact emergency services to keep you or your friend safe.