

Handout 2

Task 1: Where to go

- a) Who could you suggest a friend talk to if they struggle with their mental health?
Write down their name(s).
- b) Where in your community could you or a friend go for professional mental health support?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Visit KidsHelpPhone.ca and select '*Resources Around Me*'.

 **Resources Around Me →**

Find at least one resource in your community and add it to the list above.

Task 2: What to say

Imagine you are supporting a friend with their mental health, and you realise you need to follow Golden Rule #5: Connect to Help. In the space below, write down at least three different things you could say to your friend to support them in this step.

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