

Check-in!

Take a few minutes to reflect on today's lesson on Golden Rule #5: Connect to Help.

Step 1:

Assess your current level of knowledge by putting a checkmark in each of the applicable boxes.

	Not yet	Getting there	Yes
I know how to help someone access professional and community resources			
I have an understanding of what to expect from a first therapy appointment .			
I understand common barriers to seeking and accessing mental health supports			

Step 2:

How **confident** are you in your ability to apply these new skills in a **real life situation**? Check one of the boxes below.

Overall, I am very confident in my ability to say and do the right things in a real life situation.	Getting there! I need to review and practice more in order to feel more confident applying these skills in a real life situation, but overall I feel pretty good about it.	I think I need more time to become comfortable with this new information and how to apply it in a real life situation.
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Step 3:

What **comments** or **questions** do you have for your teacher? Write them in the space below: