

Handout 1

Connect to help

An important part of being there for someone is _____
_____ professional and community resources and services.

You can't (and shouldn't) force them to go, but you can help them know
_____ and _____.

As a friend, your role is to support them in _____ and
_____.

You can prepare for conversations and do research on your own, but **the process of getting help** is _____.

Where to go...

Figuring out where to find help can be hard. Check out Kids Help Phone [Resources Around Me](#) and if there aren't appropriate services in your area (or if wait times are too long), then look to online resources or helplines.

Sometimes it's just trial and error of different resources like online chats, group counselling, or helplines before finding a good fit.

The important thing is to _____.

While resources in your area might not be as plentiful and accessible as they should be, it's important for people to **look** _____
and **try** _____ to **find** _____.

When to get help...

The _____ the _____.

If you see someone is struggling to cope, you should suggest they reach out to community supports or professional help.

Let them know that there are people they can talk to who can help (like a school counsellor, family doctor, or helpline), and that they don't have to go through this alone.

By encouraging and supporting someone to get the help they need, we _____.

Common Barriers and Potential Solutions

Barrier	Possible Solutions
Distance	
Time	
Cost	

Keep following up

If they refuse help, but are not in crisis, follow up periodically and encourage them to get help.

If you see something that worries you, _____ and _____ . Similarly, know the signs of crisis and, if present, immediately _____.

If they're in crisis, _____ or emergency services.

What to expect from therapy

Each person’s experience with mental health care services will be different. There are dozens of types of therapy and every therapist has their own _____ and their own _____ of therapy, so it’s important to _____. If someone doesn’t ‘click’ with the first therapist they see, that’s ok. Totally normal. Encourage them to keep trying to find someone they’re comfortable with.

Ways to support a friend in therapy

Before	During	After