

# Handout 1

## How do you know if someone might be struggling with their mental health?

Someone might be struggling with their mental health if you notice a change in their

\_\_\_\_\_, \_\_\_\_\_ or \_\_\_\_\_ that is

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Recognizing Warning Signs

**Behaviours** that are having a **big impact** in someone's life:

**Feelings** that are **intense** and **long-lasting**:

**Thoughts** that express intense **hopelessness**, **worthlessness**, or **things that aren't there**:

## What do I say?

1. Just tell them \_\_\_\_\_

2. Ask them \_\_\_\_\_

\*Just \_\_\_\_\_ what you \_\_\_\_\_.

Example:

## When do I say something?

A good rule of thumb is to reach out when you notice \_\_\_\_\_.

If you're worried, there's \_\_\_\_\_.

## Mental Health Struggle vs. Mental Health Crisis

Someone is considered to be having a mental health crisis if

\_\_\_\_\_

\_\_\_\_\_

If you **witness** or **suspect** a crisis situation, call

- a helpline,
- 9-1-1, or
- emergency services right away.

## Facing Resistance

If they don't want to talk, \_\_\_\_\_.

If someone is getting upset or starting to panic, \_\_\_\_\_.