

Handout 2

Task: #LevelUp

Imagine a scenario that you might experience where someone you know (e.g. a friend, teammate, or classmate) appears to be struggling with their mental health. Make sure that you don't use real names and situations of peers for this task.

Recall examples from slides: Maybe your friend isn't laughing as much as they used to, or maybe they're skipping class more than usual.

Step 1

First, use the table on the last page to **create your scenario**.

**Note: It is okay to leave a few boxes blank or say you aren't sure.*

Step 2

Now that you have created a scenario, what could you say to **start the conversation** with the person?

Write two examples of what you **shouldn't** say. Write your **BAD examples** like lines from a script. *E.g. "Why are you being so _____?"*

1. _____

2. _____

Write two examples of what you **should** say. Remember: Don't judge, and don't make assumptions. Stick to the facts. Say what you see. Ask open-ended questions. Write your **GOOD examples** like lines from a script.

E.g. "I've noticed _____. How are you _____?"

1. _____

2. _____

Step 3

When would be a **good time** for you to have this conversation? Justify your choice.

Where would be a **good place** for you to have this conversation? Justify your choice.

Step 4

Share your good and bad examples with a partner or small group. Practice saying both the good and bad examples out loud.

What is one thing you like about one of your partner's "good examples"?

What is one suggestion you have to improve upon one of your partner's "good examples"?

	Thoughts	Feelings	Behaviours
What signs have you seen that make you concerned?			
How intense are these signs? (e.g. very intense, somewhat intense, not very intense)			
How long have you been noticing these signs? (e.g. a few days, a few weeks, a month)			
What impact is this person's mental health struggle having on their routine, relationships , and/or responsibilities ?			

Example	Thoughts	Feelings	Behaviours
What signs have you seen that make you concerned?	They have said a few times “Everything sucks” which makes me think they are mad or sad	They seem more angry and irritable, maybe a little sad	They’re skipping class more than usual, not talking or hanging out as much with friends, getting in arguments more
How intense are these signs? (e.g. very intense, somewhat intense, not very intense)	Not sure	Anger — very intense Sad — somewhat/not very intense (that I can see)	The arguments are super intense, which isn’t like how they normally are
How long have you been noticing these signs? (e.g. a few days, a few weeks, a month)	They said this a few days ago	About 2–3 weeks	About 2–3 weeks
What impact is this person’s mental health struggle having on their routine, relationships , and/or responsibilities ?	<p>We usually go to Tim Hortons on Fridays but they haven’t wanted to come with us lately (routine)</p> <p>It could be hard to stay friends with someone who doesn’t seem to want to hang out with you (relationships)</p> <p>We usually walk to school together, but they’re not there half the time (routine)</p> <p>People are starting to not want to hang out with them because they’re always angry (relationships)</p> <p>They skipped a presentation in class and have missed/aren’t doing assignments (responsibilities)</p>		