

Exercise

Helping Yourself or a Friend

| INSTRUCTIONS |

After learning how to help yourself or a friend with depression, you will be partnered with another student. Choose one of the four scenarios, and with your partner, answer the questions related to your scenario. Be prepared to share your scenario and response with the class.

Remember when helping yourself, state:

- What you **feel**.
- What you have **tried** to do to feel better.
- How someone can **help** you take action towards seeing a mental health professional.

Remember when helping a friend, state:

- What you **notice** in the friend.
- That you **care** about them.
- How you can **help** them tell a trusted adult.

In 10 minutes, the class will come together to discuss the exercise. Be prepared to share your scenario and response with the class.

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What have you learned?

Scan this code to answer
a short survey or go to

<http://elhms.info>



Introduction

| LEARNING OBJECTIVES |

After this lesson, I will be able to:

- demonstrate how to help myself or others when experiencing depression.
- discuss what we can all do to support good mental health.
- demonstrate the ability to use **interpersonal communication skills** to enhance health and avoid or reduce health risks.

| VIDEO PART 3 |

What are some ways you can support a friend who may be experiencing depression?

Remember when helping yourself, state:

- What you **feel**.
- What you have **tried** to do to feel better.
- How someone can **help** you take action towards seeing a mental health professional.

Remember when helping a friend, state :

- What you **notice** in the friend.
- That you **care** about them.
- How you can **help** them tell a trusted adult.

| VIDEO PART 4 |

What are four ways to practice good mental health?

Mental health is balance, the ability to manage stress and achieve one's potential. Is it possible to be free of mental illness, and yet, not mentally healthy? Why or why not?

Stress is normal, But too much stress increases the risk for health issues, like depression. What is stress? What are some things that can cause stress?

How do you know you are stressed—how do you experience it in your body? Why is it important to be aware of your own personal stress indicators?

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Scenario 1: CALLIE | AS YOU



Callie has been very emotional lately. She is tired all the time and isn't even interested in soccer anymore. She has been questioning if people really like her, thinking "if everyone else doesn't like you, why should you like yourself?" Callie has been seeing a therapist, but she doesn't feel like she has a connection with her. Callie is close to her coach, Mr. Clark.

If you were Callie, what action needs to be taken first?

If you were Callie, how could you use the language from the lecture to help yourself?

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Scenario 2: ALAN | AS YOUR FRIEND



Alan has depression and has had suicidal thoughts in the past. He has been seeing a therapist and takes medication, but he doesn't feel like treatment is working. Alan is starting to think, "what is the point" and has expressed that he wants to stop taking his medication and seeing his therapist. Alan is close with his mom.

If you were Alan's friend, what action needs to be taken first?

If you were Alan's friend, how could you use the language from the lecture to help Alan?

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Scenario 3: JASMINE | AS YOUR FRIEND



Jasmine has not been acting like herself lately and feels like she is “drowning” and can’t seem to pull herself out the funk she is in. Her grades have dropped and she has even stopped hanging out with friends. She is afraid if she seeks help, others may make a “mockery” of her. Jasmine is close with her granddad.

If you were Jasmine's friend, what action needs to be taken first?

If you were Jasmine's friend, how could you use the language from the lecture to help Jasmine?

Scenario 4: MAC | AS YOU



Mac thinks he is depressed. He has tried to talk about his feelings to a few friends, however, no one seems to know how to handle it or has minimized it as a part of growing up. Mac doesn’t feel comfortable telling his parents, but at this point, he is definitely getting worse. Mac is close with his art teacher, Mr. McGaw.

If you were Mac, what action needs to be taken first?

If you were Mac, how could you use the language from the lecture to help yourself?
