Educator Guide: How to Get Help Lesson

Recommended for Grades:

7th

Time:

2 minutes

National Health Education Standards:

This lesson aligns with the following National Health Education Standards:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 3: Access valid and reliable resources to support health and well-being of self and others.
- Standard 4: Use interpersonal communication skills to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Locate valid and reliable mental and emotional health services.
2. Determine when a situation calls for professional mental and emotional health services.
3. Describe two ways to support a friend who may be dealing with mental health challenges in their life.
4. Name two trusted adults that they can talk to about any mental or emotional health concerns they may have.

Lesson description:

In this video-based lesson students will learn how to support a friend who is dealing with mental health challenges. The importance of showing up, being kind and listening is emphasized. Finding a trusted adult is also strongly encouraged. Students will learn what to do in a crisis situation and the difference between 911 and 988.

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Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct/ideal answer choices are bolded.

1. Do you have at least two trusted adults in your life who you feel comfortable talking to about any mental or emotional health concerns you may have?
    a. **Yes**
    b. No

2. What are two ways to support a friend who may be dealing with mental health challenges in their life?
    a. Tell them what to do.
    b. **Listen to them.**
    c. **Ask how they're doing.**
    d. Give them a pep talk.

3. Which of the following is the crisis and suicide line that you can call or text with a trained counselor?
    a. 611
    b. 414
    c. **988**

4. If you, or someone you know, is in immediate danger, what number should you call?
    a. 988
    b. **911**
    c. 414

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Vocabulary:

Use the following list of vocabulary as a reference for yourself and your students as you complete the How to Get Help Lesson. You may choose to use this list in any way that fits your needs.

- Crisis – a time of intense difficulty, trouble or danger
- Mentor – a trusted, experienced person who supports and advises someone with less experience
- Mental health – a person's emotional, psychological and social well-being
- Mental health professional – a healthcare practitioner or social and human services provider who helps people improve their mental health or treats mental disorders
- Suicide – the act of taking one's own life voluntarily and intentionally

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Supplemental Activity: Locating Help Near You

Objectives:

After completing this activity students will be able to:

- Locate valid and reliable mental and emotional health services.
- Describe two ways to support a friend who may be dealing with mental health challenges in their life.
- Name two trusted adults that they can talk to about any mental or emotional health concerns they may have.

Materials Needed:

- Chalkboard or whiteboard
- Copy of Mental and Emotional Health Resources Handout (found later in this guide)

Time Required:

30 minutes

Instructions:

Review the things that students can do to support a friend who is struggling with their mental health.

- Let them know you're there.
- Ask how they're doing.
- Show up.
- Be kind.
- Listen.

Discuss with students the importance of finding a trusted adult for your friend to talk to, or that you can get help from. Ask each student to think of two trusted adults they would feel comfortable talking to in a situation like this.

Give each student a copy of the Mental and Emotional Health Resources Handout. Many of these are national resources. Ask students to find additional local resources to add to this list. There may be local affiliates of the organizations listed, and there may be other local agencies in your community. Students will end up with a great list of resources should they, or a friend, need help with their mental health in the future.

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Handouts

Included on the following pages are additional resources that you and your students' families may find useful.

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Mental and Emotional Health Resources

- 988 Lifeline, 988lifeline.org, call or text 988
- Anxiety and Depression Association of America, adaa.org
- Centers for Disease Control and Prevention (CDC), cdc.gov/childrensmentalhealth/
- Children and Adults with Attention-Deficit Hyperactivity Disorder, chadd.org
- Children's Wisconsin, childrenswi.org/find-care/mental-behavioral-health
- KidsHealth, kidshealth.org
- Mental Health America, mhanational.org
- National Alliance on Mental Illness (NAMI), nami.org
- National Institute of Mental Health (NIMH), nimh.nih.gov
- Wisconsin Department of Public Instruction (Student Services/Prevention and Wellness), dpi.wi.gov/sspw/mental-health

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Transcript

Dalton: It can be hard to know what to do when a friend is struggling with their mental health. You may not know what to say, and you may be afraid of losing their friendship. It might seem easier just to ignore them, but the best thing you can do for your friend is be there for them.

Sanaiah: Absolutely. If you notice changes in their habits or personality, they may be struggling with their mental health and could use some help. Start by letting them know you're there for them.

Don't be afraid to talk to them and ask them how they're doing. You could say something like "I've noticed you seem down lately." Or, "How are you doing?" They may not share with you right away, but if you continue to show up, be kind, and listen, hopefully they'll feel comfortable and open up to you.

Dalton: You may not know what to say when a friend confides in you, and that's ok. It's often more important to just listen. Sometimes someone who is struggling simply wants to be heard and understood. Being there for them in an honest, non-judgmental way can be very helpful.

Sanaiah: You can also help them find a trusted adult to talk to. This could be a parent, other family member, teacher, school counselor, mentor, coach, or another adult that they trust. Offer to go with them if they'd like.

Dalton: And if your friend doesn't have a trusted adult they feel comfortable talking to, ask your own trusted adult for help. Try to think of two trusted adults in your life that you could go to in a situation like this.

Sanaiah: There is also help available if you are in a crisis situation. If you think that a friend may hurt themselves, or if you have feelings of hurting yourself, you can call 988, which is a suicide and crisis line. There's even an option to text 988, so if you feel more comfortable texting, rather than talking with someone, you have that option. You will talk, or text, with a trained counselor, and they will share local resources with you.

Dalton: However, If you or someone you know is in immediate danger, you need to call 911, not 988. 911 will send whatever emergency help is needed.

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Sanaiah: Whatever amount of support you need, know that you are not alone. There is always someone you can go to for help, whether that's a friend, trusted adult, mental health professional, or emergency responder. Don't be afraid to reach out. They're there for you, and they want to help!

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