

# How To Help a Friend Digital Worksheet

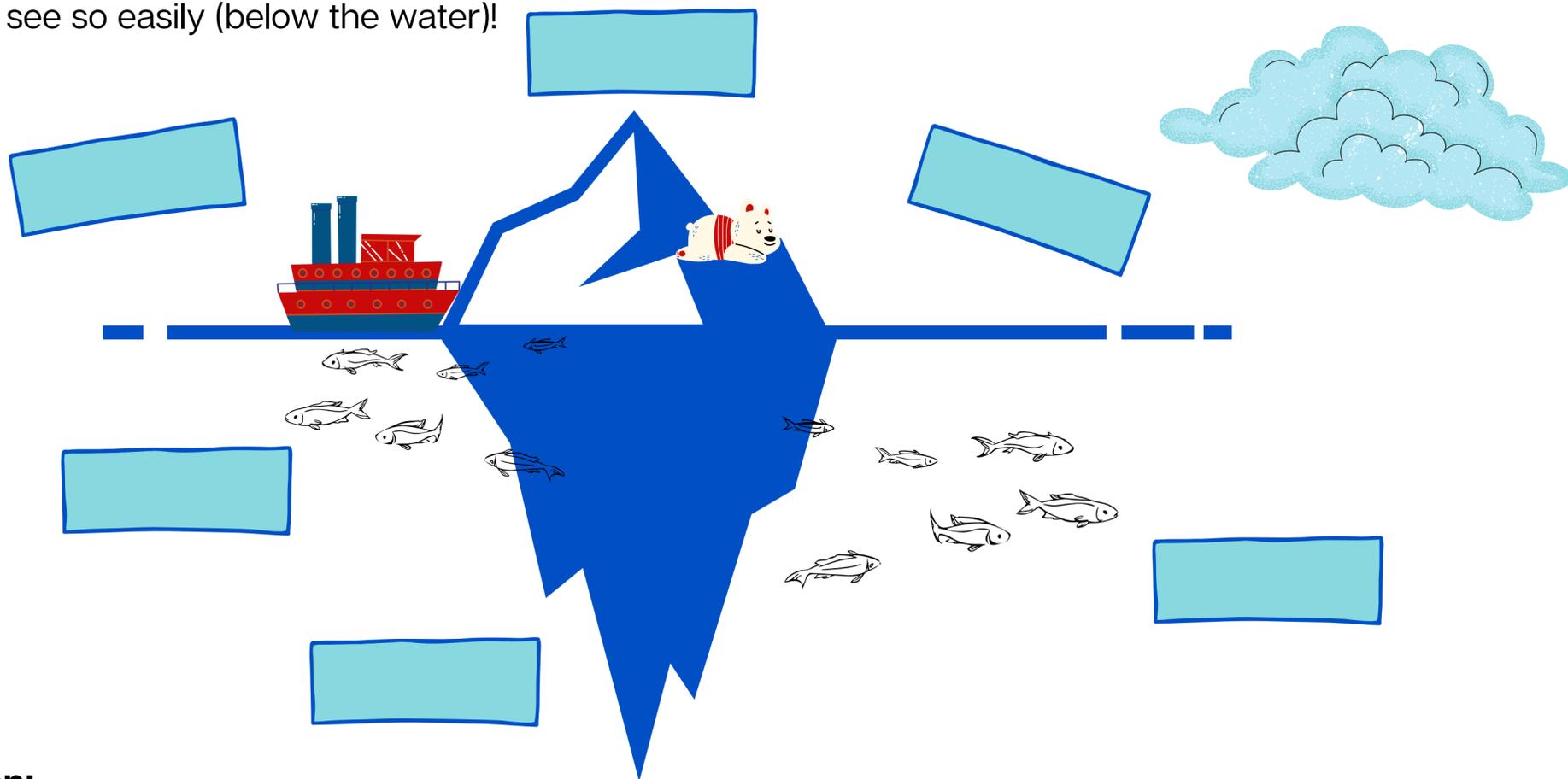
**Overview:** Use this worksheet to follow along while participating in YNRA's *How to Help a Friend Live Virtual Workshop* OR challenge yourself to learn more and deepen your understanding afterwards.

## PART A: Understanding 'The Iceberg'

**Instructions:** What does the **'TIP OF THE ICEBERG'** mean to you?

- Not everything about you (your hobbies, what's going on in your life, your thoughts and feelings, etc.,) can be seen from the surface!
- What are some things people wouldn't know about you if they didn't ask?
- Can people always tell if you're having a bad day?

Fill out the text boxes with things others **CAN** see about you (above the water) and things others **CAN'T** see so easily (below the water)!



### Reflection:

What are some things about **your friends** you know that most people wouldn't be able to see on the surface?

### KEY POINT!

Many mental health issues or challenging experiences and thoughts are **hidden underneath the surface!** What we see on the outside of people (their behaviour) doesn't tell us the full story. When we reach out to friends, we have to be **mindful** that, just like us, our friends don't always **show** what they're struggling with and we can't just assume!

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## PART B: Being a Positive Connector

**Instructions:** A big part of helping others is knowing where to go if you or a friend needs help. Knowing your "**Circles of Support**" doesn't just help you when you're in need - it means you can **connect others** with the care and support **they** need. Fill out the rings of the circle with positive people, resources and community organizations that are part of your support network!

**Outside my  
Community-**

**In my Community**

**In my Friend/Family  
Circle**



• **Example - Counselling  
Connect:**

- Free, quick access to phone or video counseling sessions, available in English and French
- Visit [counsellingconnect.org](http://counsellingconnect.org)

**Discussion:** It's important to understand the reasons why we tend to feel like we can't reach out for help when our mental health is suffering, even if we *can* ask for help with our physical health. Why might it be harder to talk about and reach out for mental health help? What is 'stigma'? How do we stop 'stigma'? Discuss with your peers:

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## PART C: Self-Care Challenge

**Instructions:** The most important part of helping others is making sure we're taking care of ourselves **first**. We challenge YOU to create your very own **Self-Care Bingo Sheet** and to do as many things as you can on it over the next week! Need some inspiration? We've filled in a few, but use the questions below to think about what else matters for YOUR self-care:

- How is my body feeling? What would make me feel calm, relaxed & balanced? (*physical*)
- What are some emotions I'm feeling? How can I better understand & manage them? (*emotional*)
- How can I set myself up for success this week? (*practical*)
- Who do I need to reach out to to make this week awesome or just get through? (*social*)

		Went on a long walk 		Tried something 
Listened to my body 		FREE SPACE DO NOTHING!		
			Put away phone 1hr before bed 	
	Checked in on a loved one 			

\*\*\*Post your own Self-Care Bingo sheet & tag @CHEOyouthnet on Instagram for a chance to win a prize!\*\*\*

Check out [ynra.ca](http://ynra.ca) for more tips & tricks on mental health maintenance & to sign up for our virtual programs! Email [youthnet@cheo.on.ca](mailto:youthnet@cheo.on.ca) for more info.