

# How to Help a Friend Digital Worksheet

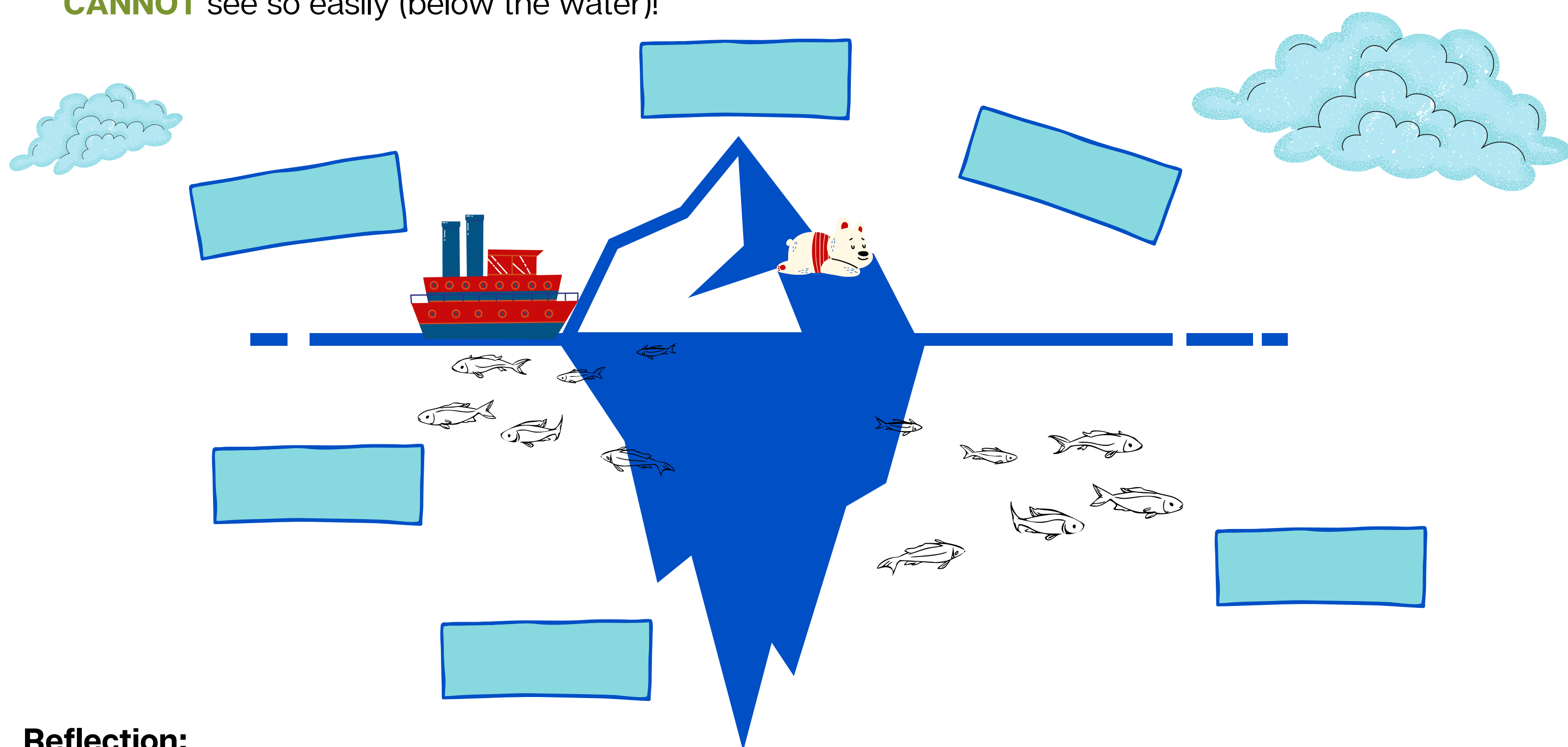
**Overview:** Use this worksheet to follow along while participating in YNRA's *How to Help a Friend Live Workshop* OR challenge yourself to learn more and deepen your understanding afterwards.

## PART A: Understanding Others

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

- Not everything about you (e.g., your hobbies, what's going on in your home 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 **CANNOT** see so easily (below the water)!



### Reflection:

What are some things about **your friends** or **people you know closely** 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!

# How To Help a Friend

## Digital Worksheet

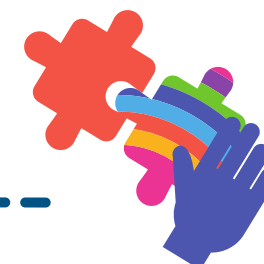
### PART B: Being a Positive Connector

**Instructions:** Sometimes we need help to work through some tough stuff, while other times we just need someone to be there even if we're not ready to talk. Whatever the reason, we **ALL** need other people. And just like we need others, we are also part of other's **support networks**. Read over the characteristics of being a **POSITIVE PEER** then add your own examples of what YOU would want in a good friend, peer or trusted adult.

**More often than not, positive peers...**



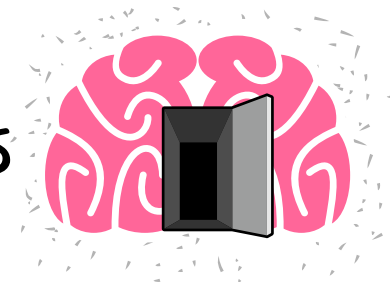
1. *Lift others up, rather than tear them down*



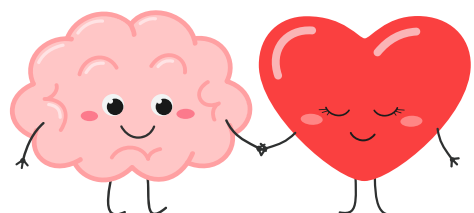
2. *Find ways to make others feel included*



3. *Genuinely listen / care*



4. *Keep an open mind about others' feelings/issues/experiences*



5. *Put themselves in the shoes of others (i.e., practice empathy)*



6. *Know the resources (people, places, organizations) to go to*

7.

8.

9.

**Discussion:** It's important to understand the reasons why we tend to feel like we can't reach out 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 compared to physical health?

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## PART C: Knowing the Resources

**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!

**Formal supports  
or professional  
resources**

**Example:**  
Counselling Connect

**My School/Community**

**Example:**  
Coach

**My Inner  
Circle**

**Example:**  
Older sibling



**Check out [ynra.ca/youth-engagement](https://ynra.ca/youth-engagement) for more tips & tricks  
on mental health maintenance & to sign up for our  
Monthly Coping Challenges for a chance to win a \$50 gift card!**



Who can we reach out to if we need help?



## Youth Mental Health E-Learning Hub

Now, more than ever, it can be **hard to find resources** that are available to help, whether you need access to mental health services, a peer support group, or just someone to **TALK** to.

Explore the **Youth MH E-Learning Hub** (created by youth and for youth) for more info, activities & resources. Also save this page for a **handy-dandy** list of resources available to support **YOU!**



[ynra.ca/learning-hub/](https://ynra.ca/learning-hub/)



### CounsellingConnect.org

- Free phone/video counselling sessions, no waitlist, multilingual



**YOUTH  
SERVICES  
JEUNESSE**



### YSB: [ysb.ca/services/ysb-mental-health](https://ysb.ca/services/ysb-mental-health)

- Mental health, employment, housing, 24/7 online crisis chat & more; For youth ages 12-18



**24/7 Crisis Line:** 613-260-2360



### 1Call1Click.ca

- Makes it simple to find mental health & addiction care that's right for you; For children, youth & families



### BeSafeApp.ca

- Find local resources for support, create a safety plan & be prepared if you find yourself in a crisis



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