

Module 5:

Helping Self and Helping Others

- Everyone has mental health that can be supported and promoted
- There are many ways of seeking help for mental health problems and mental disorders
- Getting help early for yourself and others increases positive mental health outcomes



Links for Activities:



Classroom Slide Deck (see Module 5):

- [Google Slide Deck](#)
- [PDF Slide Deck](#)



Student Activity Sheets

- [Digital](#)
- [Colour \(printable\)](#)
- [Black & White \(printable\)](#)



MHL Journal

- [Digital](#)
- [Colour \(printable\)](#)
- [Black & White \(printable\)](#)

- See [Appendix E](#) for download instructions
- Please see individual activities for video links, sample quiz links and all other resources

Conceptual Knowledge	Procedural Knowledge	Handle with Care
<ul style="list-style-type: none"> • Everyone has mental health that can be supported and promoted • There are many people who can provide support for mental health problems and mental disorders • Getting help early for yourself and others increases positive mental health outcomes 	<ul style="list-style-type: none"> • To understand that mental health can be supported in various ways • To learn to seek help from reliable sources when needed • To know how to ask for help in an effective manner 	<ul style="list-style-type: none"> • Be aware of students' current situation regarding mental health problems and/or mental disorders



Activity I - Helping Hands

Purpose:

- To encourage help-seeking behaviour for mental health
- To help students identify the reliable helpers in their lives

Conceptual Connection:

- Everyone has mental health that can be supported and promoted
- There are many people who can provide support for mental health problems and mental disorders



Ask students the various ways that they can ask for help when they don't feel well physically. For example, teachers can pose questions such as, 'when people have a random cough, sneeze or a mild stomach ache, what do people usually do?' (possible answers: wash hands, drink lots of water, put on warm clothes, etc.). 'When people have a fever, fatigue, sore throat, muscle aches or pain, what do people usually do?' (possible answers: sleep, increase fluids, take medications - e.g. Tylenol to relieve pain and fever). 'What if a person has cancer, what do they do to treat the illness?' (Answer: medical procedures and medications provided by doctors and other qualified health professionals).

Explain to students that they can also seek help for mental health problems and disorders in the same way, and that it is important to know when to seek help and from whom.



Watch the *Levels of Help* video.

Resource: <https://youtu.be/FFiWt-ZGznc>



Show or draw a hand on the board. Explain that you use your 5 fingers because they are always with you to remind you that you have people you can trust and talk to when you feel upset or afraid, or if someone you know needs help. Review with students the help-seeking pathways in your school.



Digital Delivery: Display lesson slide for a hand graphic.



Provide the *Helping Hand* student activity sheet. Explain that the people they talk to can be someone they trust from home, a relative, a teacher or a person at school. Or, someone from the community such as a coach, doctor, minister, friend or friend's parent. Ensure there are some adults identified by reminding the students that even though friends are important, there are some problems that are too big to be solved with other children.

Resources:

- Printable Activity Sheets
- Digital Activity Sheets



Digital Delivery: Use the *Helping Hand* digital student activity sheet to complete this activity with students.



Ask the students to write down the names of professionals that they can go and talk to when they need help; one name on each finger and one on the thumb. On the palm of the hand, write down 2 to 3 natural supports.



Prompt: Who are your trusted support people? Which friends can you go to for help? Which trusted adults would you feel comfortable approaching for help? Which professional helpers are in your school?

Resources:

- Digital MHL Journal
- Printable MHL Journal

Activity II - Which Helper?

Purpose: To learn to identify when students can solve problems independently and, when they should seek help from others, and who is the most appropriate helper in any given situation

Conceptual Connection: Getting help early for yourself and others increases positive mental health outcomes



Remind students that sometimes our problems are too big to solve on our own and we need to ask a trusted adult for help. Asking for help is ok! This is how we grow and learn.

Share with students that sometimes we do not ask for help because we are not sure how to do so. Just like building other skills, learning how to ask for help can be practiced.



Provide the *Asking for Help* student activity sheets (3 total), which include sample help-seeking scripts. Review these with the students.

Review with students that this role play activity includes three levels of asking for help:

1. Asking for yourself
2. Encouraging a friend to ask for help
3. Asking for help for a friend you are concerned about

Resources:

- Printable Activity Sheets
- Digital Activity Sheets



Digital Delivery: Provide students with the *Asking for Help* digital student activity sheets that include the help-seeking scripts and scenarios.



Roleplay help-seeking conversations in pairs.

- Identify who will be the help-seeker and who is the helper. Choose a script / scenario to practice
- Switch roles with a new script / scenario

Debrief with students how they felt during their help-seeking conversations. Do they have more confidence when they practice ways of asking for help?



Digital Delivery: Assign scenarios to each partner group then send them to virtual breakout rooms to complete the role-play activity. Return students to the main group for the debrief and final discussion question.



Ask students if there are any other factors that might get in the way of asking for help. Problem-solve these obstacles as a group.



Prompt: When have you asked for help in your life? Was it hard or easy? When have you surprised yourself by solving a problem? When have you been a helper?

Resources:

- Digital MHL Journal
- Printable MHL Journal

Alternative Activities

Super Helpers

Students may create a poster (or posters) of the various helpers in their school or community. Each helper can even be depicted as a superhero and their 'superpowers' can describe the specific type of help they provide (e.g. reading support, problem-solving support, counselling support, playground support, etc.). These can be posted around the classroom, school or kept in the MHL Journal.

Think-Pair-Share

What are some highlights from our learning about mental health so far? Record suggestions on board and / or the Mental Health Literacy Poster and / or MHL Journals as appropriate.



