

# MENTAL HEALTH:

TOP TIPS FOR SUPPORTING YOUR FRIENDS AND CARING FOR YOUR OWN MENTAL HEALTH BY MCCREARY'S YAC



**Is there someone in your life who might be struggling with their mental health?**

Yes, my friend

Yes, me

- They/you ...**
- seem distracted or have trouble focusing.
  - are eating more/less than usual.
  - are often sad and find it hard to see any positives in life.
  - are always tired or complain about not sleeping well.
  - miss more and more time from school or work.
  - drink or use other substances more.
  - just seem 'off'.

Maybe? What might some signs be?

**Are you thinking about harming yourself or someone else?**

No

Yes

**How can I promote positive mental health?**

**Talk to someone you trust and seek help immediately**

**Are you worried your friend might harm themselves or someone else?**

No

For friends

For myself

Unsure/ Maybe

Yes

**Tell a trusted adult, and encourage your friend to seek help immediately**

- Suggestions:**
- Tell them that you are there for them.
  - Listen to listen, not listen to give advice.
  - Let them share when they're ready.
  - Provide a non-judgmental space; be accepting.
  - Build their confidence: remind them of things they are good at/strengths.
  - Offer to help them with homework or school assignments they might have missed.
  - Do an activity that you both enjoy together: go for a walk or go to a movie.
  - Offer to sit with them and look for resources to get support.
  - Encourage them to get outside! Move their body!

- Suggestions:**
- Do something that makes you laugh – watch funny youtube/ tik tok videos or comedy.
  - Take care of your basic needs: Eat! Sleep! Exercise!
  - Stop using screens 30 minutes before bed, put your phone on silent at night.
  - Limit social media – consider setting time limits for yourself.
  - Take a 'brain break' – go for a walk or run, ride your bike.
  - Be kind to yourself – remember its ok to feel down sometimes!
  - Don't bottle up! Express your feelings – journal, talk to a friend or family member.
  - Practice 'saying no' and setting healthy boundaries with friends. Remember you don't have to solve your friend's problems!

**Resources:**

Kids Help Phone:  
1-800-668-6868

[heretohelp.bc.ca/wellness-modules](http://heretohelp.bc.ca/wellness-modules)

KUU-US Crisis Line:  
1-800-KUU-US17

YouthinBC.com

[foundrybc.ca/info-tools/mental-health-substance-use/](http://foundrybc.ca/info-tools/mental-health-substance-use/)

