

- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to [www.crisistextline.org](http://www.crisistextline.org)
- Hope for Healing: <http://www.hopeforhealingfl.com/>

**Student Take-Home Resources**  
**Strategies to Support a Peer, Friend, or Family Member**  
**with a Mental Health Disorder**  
**Grade 10**

**Key Takeaways:**

1. Many people struggle with mental health disorders
2. There are many different types of mental health disorders
3. You can make a difference to someone who has a mental health disorder

**Vocabulary:**

1. Depression- a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.
2. Anxiety- a feeling of worry, nervousness, or unease, typically about an event or something with an uncertain outcome.
3. Mental health disorders are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it's time to HELP.</p> <p><b>H</b>elp as soon as you can.</p> <p><b>E</b>mpathize with others.</p> <p><b>L</b>isten without trying to fix it.</p> <p><b>P</b>lan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they're keeping you from being able to do what you need or want to do, it's time for you to ACT.</p> <p><b>A</b>pply coping strategies.</p> <p><b>C</b>onsider your options for help.</p> <p><b>T</b>alk to a person you trust.</p>
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**Resources:**

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat: <https://suicidepreventionlifeline.org/chat/>
- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to [www.crisistextline.org](http://www.crisistextline.org)
- Hope for Healing: <http://www.hopeforhealingfl.com/>