

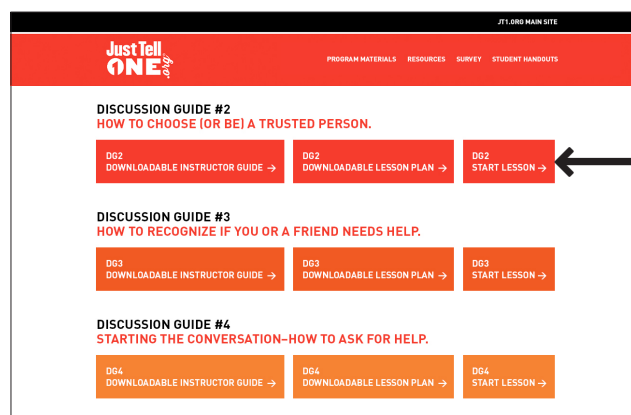


DISCUSSION GUIDE #2

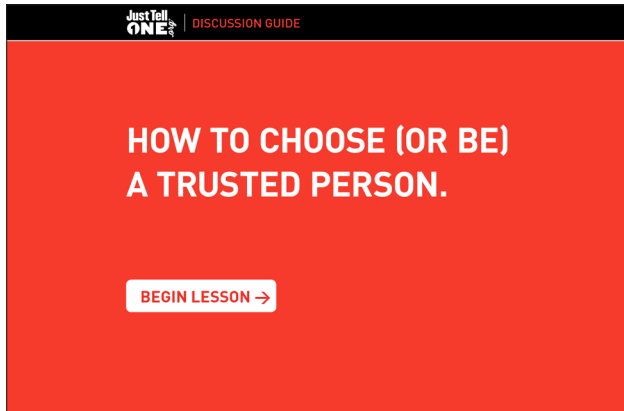
HOW TO CHOOSE (OR BE) A TRUSTED PERSON.

ONLINE PROGRAM

INSTRUCTOR GUIDE



(Log in to jt1program.org and select "DG2 Start Lesson" from the menu.)

**SLIDE 1**

If you were struggling with an issue, would you have someone you felt you could talk to about it?

(Show of hands?)

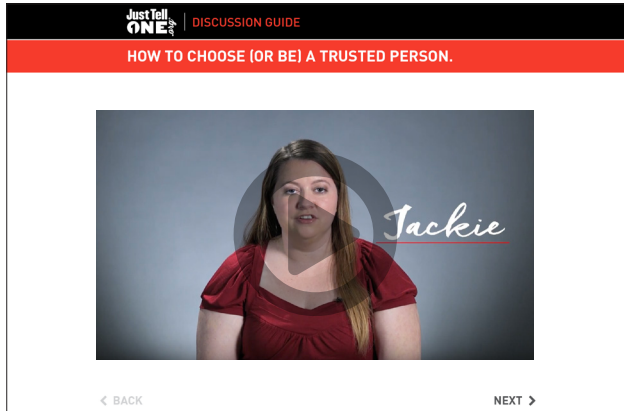
Who might that person be?
In general — you don't have to say a person's name

(Ask for examples:

- *Brother, sister*
- *Parent*
- *Other family member*
- *Friend*
- *Friend's parent or sibling*
- *Church leader*
- *School counselor*
- *Teacher or coach)*

What qualities would that person need to have for you to be comfortable talking to them?

(Ask for examples:)



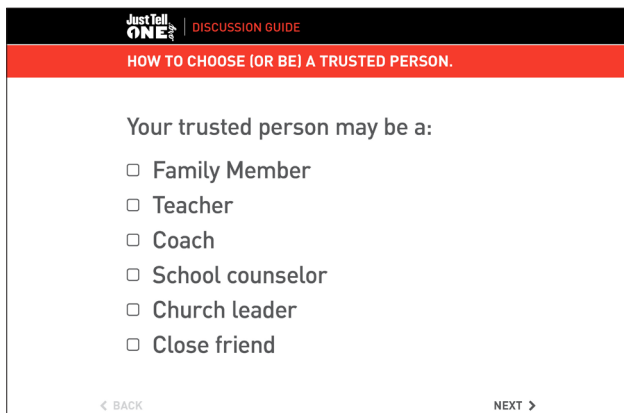
SLIDE 2

Let's hear what others have to say.

(Play video

"How to Find Your Trusted Person"

Length of video is 2:17)



SLIDE 3

One of these may be your trusted person — the person you feel you could go to if you need someone to talk to.

But what does it mean to be a trusted person? If you weren't sure who to turn to, what should you look for? What type of support would you want?

(Ask for examples:

> A good listener

> Someone you trust

> Someone you're comfortable around

> Someone who won't judge

> Someone who cares about you)

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HOW TO CHOOSE (OR BE) A TRUSTED PERSON.

Qualities of a trusted person:

- > A good listener
- > Trustworthy
- > Cares about you
- > Non-judgmental
- > Always there for you
- > Helpful in taking the next step

< BACK NEXT >

SLIDE 4

So a trusted person would be someone that's:

- ☐ A good listener
- ☐ Trustworthy
- ☐ Cares about you
- ☐ Non-judgmental
- ☐ There for you
- ☐ Helpful taking the next step

Does that person need to be a professional?

(Answer: No)

Why?

(Ask for feedback)

Just being there and listening can make a big difference.

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HOW TO CHOOSE (OR BE) A TRUSTED PERSON.



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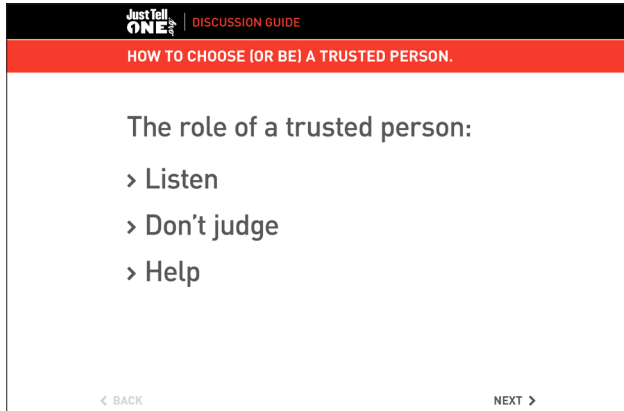
SLIDE 5

Let's hear what advice these professionals have to say about how to be a good trusted person for someone else.

(Play video

"The Role of a Trusted Person"

Length of video is 2:59)

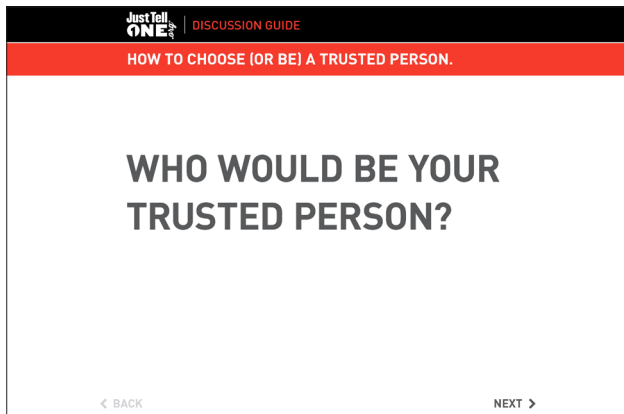
**SLIDE 6**

So, the primary role of being a trusted person is to listen, be non-judgmental, and to help the person come up with a plan to find the support they need.

If someone came to you as their trusted person, what could you say or do to offer help?

(Examples:

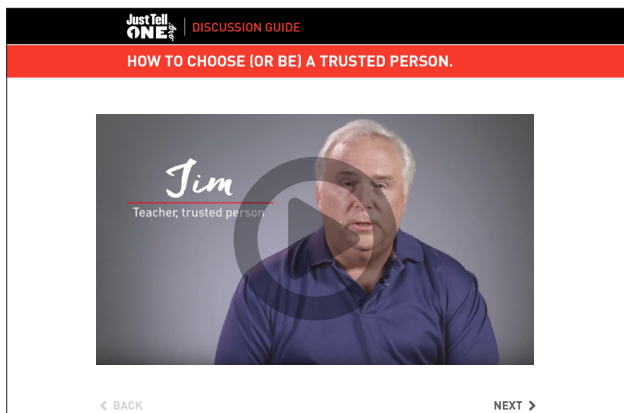
- > Be empathetic*
- > Validate what they are feeling is real*
- > Ask questions, without judgement, to get more information*
- > Assure them that they are not alone*
- > Be available to listen when they need to talk*
- > Remind them to take care of themselves with healthy eating, exercise, and sleep*
- > Help them find professional help or other support*
- > Stay in touch and check in on how they are doing)*

**SLIDE 7**

If you ever needed to talk to someone, would you know who you would turn to?

Would you have more than one person you could go to?

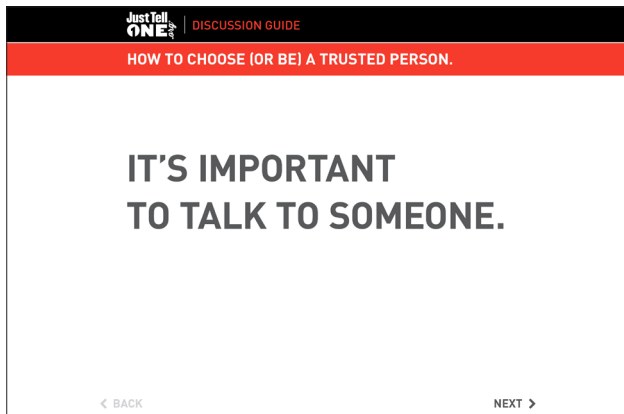
Think about it as we watch this next video.

**SLIDE 8**

(Play video

"Jim Shares His Story as a Trusted Person"

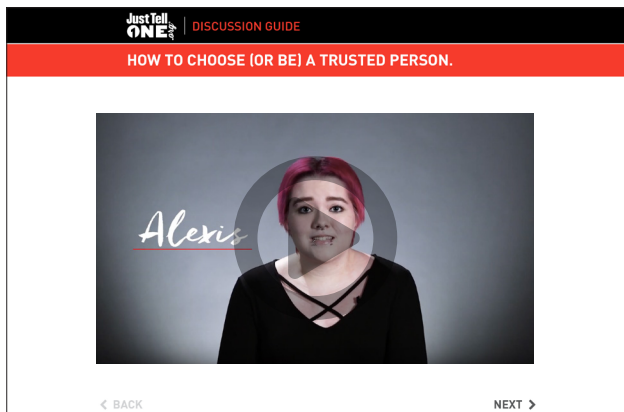
Length of video is 3:12)

**SLIDE 9**

It's important to talk to someone if you feel you have any of the signs or symptoms we've talked about when it comes to your mental health or substance abuse.

Right now, only 20% of students with issues seek treatment. That means 80% with symptoms suffer in silence. There's no need for anyone to face these challenges alone.

Help is out there.

**SLIDE 10**

(Play video

"It's Important to Talk to Someone"

Length of video is 1:15)

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HOW TO CHOOSE (OR BE) A TRUSTED PERSON.

Homework:

- > Identify 1-5 individuals for your “trusted person”
- > Review self-assessment questionnaire

< BACK NEXT >

SLIDE 11

Think about who your trusted person or persons might be, and write it down in your journal, if you are keeping one. Try to identify five individuals, if you can, but at least identify one.

Also, review your assignment from last time—your self-assessment questionnaire—in preparation for our next discussion.

(Hand out self-assessment to anyone who needs it)

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FOR MORE INFORMATION AND VIDEOS, VISIT:

Just Tell ONE.org

f i t y

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SLIDE 12

Go to **JustTellOne.org** if you're interested in learning more about choosing or being a trusted person. You can also follow Just Tell One on Facebook, Twitter, YouTube, and Instagram.

Remember, if you think you need help, ask for it. You are never alone.

Just Tell ONE DISCUSSION GUIDE

“Once you choose hope, anything is possible.”

— Christopher Reeves

< BACK TO MENU NEXT LESSON >

D03: How to recognize if you or a friend need help

SLIDE 13

“Once you choose hope, anything is possible.”

– Christopher Reeves