

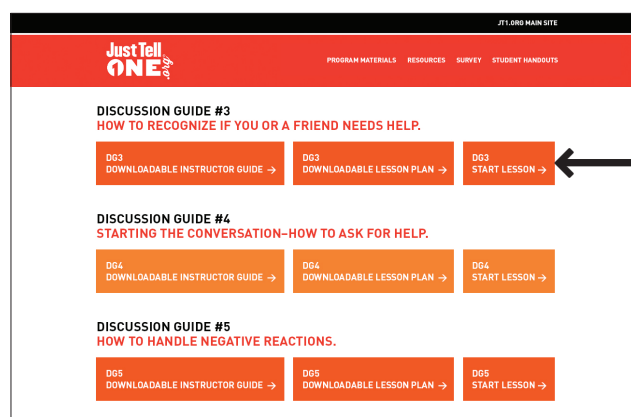


DISCUSSION GUIDE #3

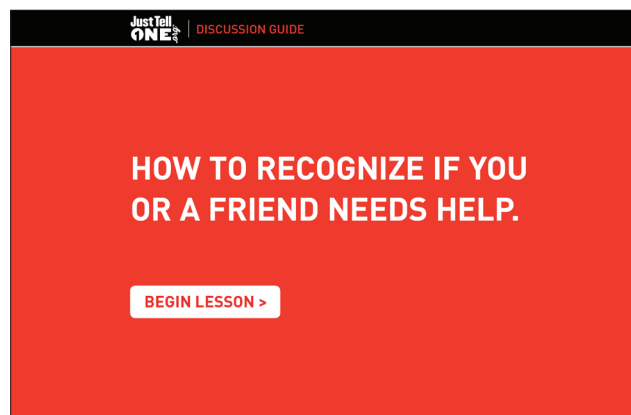
HOW TO RECOGNIZE IF YOU OR A FRIEND NEEDS HELP.

ONLINE PROGRAM

INSTRUCTOR GUIDE

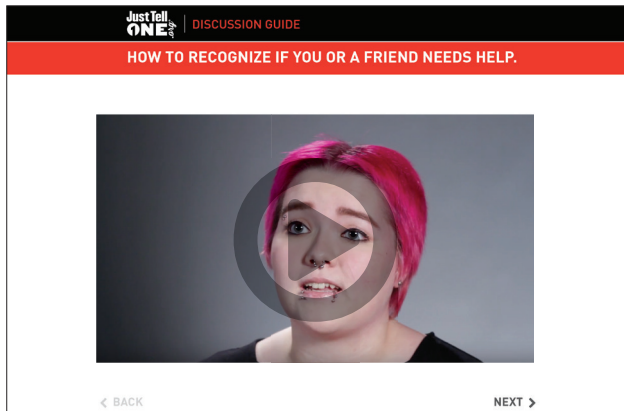


(Log in to jt1program.org and select “DG3 Start Lesson” from the menu.)



SLIDE 1

How to recognize if you or a friend needs help.

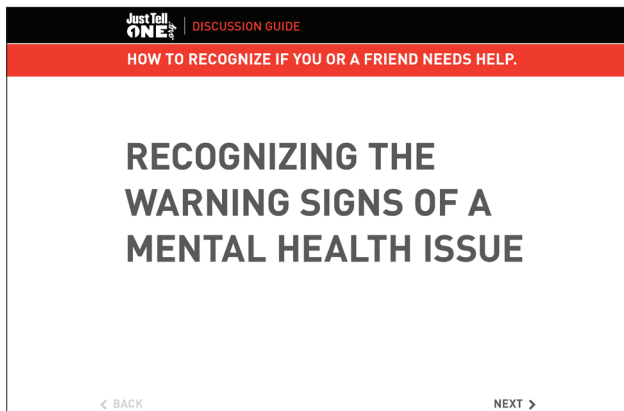


SLIDE 2

(Play video

“How to Recognize if You Have a Mental Health or an Addiction Issue”

Length of video is 2:12)



SLIDE 3

Your assignment was to look over the self-assessment quiz. What did you think?

Can you tell me what some of the warning signs are for depression, thoughts of suicide, or other mental health concerns?

(Examples:

- *Acting sad or hopeless for more than two weeks*
- *Losing interest in favorite activities*
- *Isolated from friends and family*
- *Change in eating habits – either no appetite or overeating*
- *Unexplained fatigue*
- *Problems concentrating at school or work*
- *Problems sleeping*
- *Recently gone through a stressful event like a break up*
- *Talking frequently about death or self-harm)*

Just Tell ONE | DISCUSSION GUIDE

HOW TO RECOGNIZE IF YOU OR A FRIEND NEEDS HELP.

Warning signs of depression or suicide:

- ☐ Acting sad or hopeless for more than two weeks
- ☐ Losing interest in favorite activities
- ☐ Isolated from friends and family
- ☐ Change in eating habits – either no appetite or overeating
- ☐ Unexplained fatigue
- ☐ Problems concentrating at school or work
- ☐ Problems sleeping
- ☐ Recently gone through a stressful event like a break up
- ☐ Talking frequently about death or self-harm

< BACK NEXT >

SLIDE 4

(Review the signs and symptoms for depression or suicide)

Maybe you recognize some of these behaviors in a friend or maybe even yourself?

Just Tell ONE | DISCUSSION GUIDE

HOW TO RECOGNIZE IF YOU OR A FRIEND NEEDS HELP.

WARNING SIGNS OF ALCOHOL & DRUG ABUSE.

< BACK NEXT >

SLIDE 5

Can you tell me what some of the warning signs and symptoms are for drug and alcohol abuse?

(Examples:

- > *Family history of addiction*
- > *Low energy, bloodshot eyes, or slurred speech*
- > *Appearing anxious, shaky, or fatigued*
- > *Memory lapses, blackouts, or trouble concentrating*
- > *Change in appearance or personal hygiene*
- > *Loss of interest in favorite activities*
- > *Arguing more with family and friends)*

DISCUSSION GUIDE

HOW TO RECOGNIZE IF YOU OR A FRIEND NEEDS HELP.

Warning signs of alcohol & drug abuse:

- ☐ Family history of addiction
- ☐ Low energy, bloodshot eyes, or slurred speech
- ☐ Appearing anxious, shaky, or fatigued
- ☐ Memory lapses, blackouts, or trouble concentrating
- ☐ Change in appearance or personal hygiene
- ☐ Loss of interest in favorite activities
- ☐ Arguing more with family and friends

< BACK
NEXT >

SLIDE 6

(Review the signs and symptoms for drug and/or alcohol abuse)

Maybe you recognize some of these behaviors in a friend or maybe even yourself?

DISCUSSION GUIDE

HOW TO RECOGNIZE IF YOU OR A FRIEND NEEDS HELP.

Mental illness and addiction are **REAL** and are common health issues for many people.

There's nothing to be ashamed of if you start to experience these health challenges.

< BACK
NEXT >

SLIDE 7

If you start to or are experiencing any of these health challenges, don't keep it to yourself.

Mental illness and addiction are real and common health issues for many people.

There's nothing to be ashamed of but it's important to reach out for help.

DISCUSSION GUIDE

HOW TO RECOGNIZE IF YOU OR A FRIEND NEEDS HELP.

Having a mental illness or addiction:

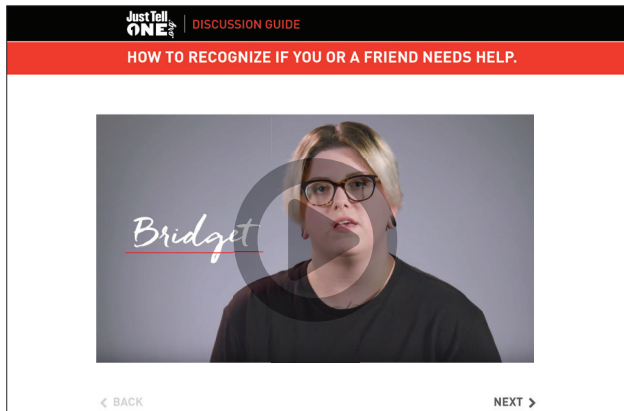
- ☐ Is not a choice
- ☐ Does not define you
- ☐ Does not make you weak or weird
- ☐ Is not something you can "just get over"
- ☐ Is not something you have to figure out alone

< BACK
NEXT >

SLIDE 8

Having a mental illness or an addiction:

- ☐ Is not a choice
- ☐ Does not define you
- ☐ Does not make you weak or weird
- ☐ Is not something you can "just get over"
- ☐ Is not something you have to figure out alone

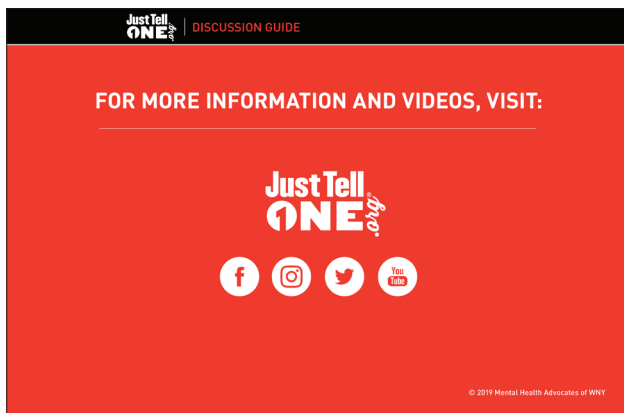


SLIDE 9

(Play video

“Importance of telling ONE”

Length of video is 1:33)



SLIDE 10

In our next session, we will talk about how to have that first conversation, if you ever need to.

Go to JustTellOne.org if you’re interested in more information about today’s topic. 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



SLIDE 11

“If you can’t fly then run, if you can’t run then walk, if you can’t walk then crawl, but whatever you do you have to keep moving forward.”

– Martin Luther King, Jr.