

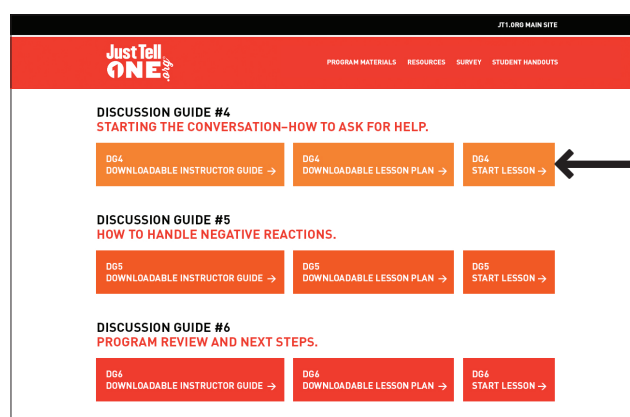


DISCUSSION GUIDE #4

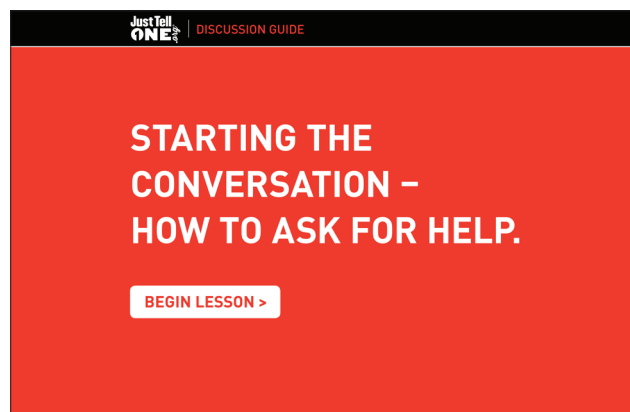
STARTING THE CONVERSATION—HOW TO ASK FOR HELP.

ONLINE PROGRAM

INSTRUCTOR GUIDE



(Log in to jt1program.org and select “DG4 Start Lesson” from the menu.)



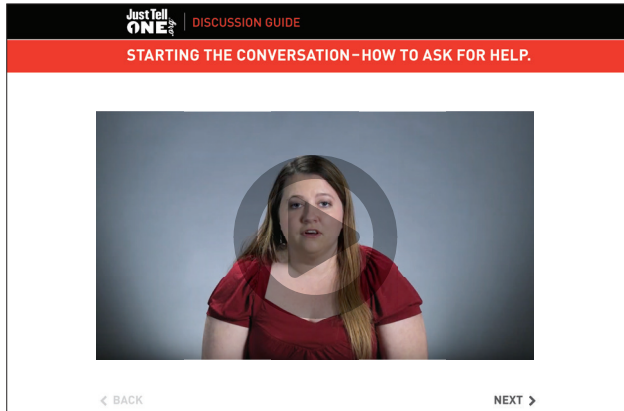
SLIDE 1

Starting the conversation –
how to ask for help.

We’ve talked about how our emotions affect our health. We’ve talked about how to recognize if you or a friend may need help with their mental health or substance use. We’ve talked about how to choose (or be) a trusted person – someone you can talk to.

Now we want to talk about how does someone ask for help. How do you have that all-important first conversation, if needed?

The first step is to prepare...

**SLIDE 2**

(Play video

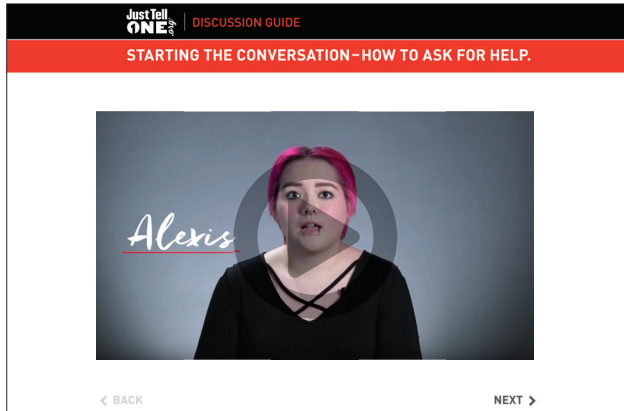
“How to Prepare for Your Conversation”

Length of video is 2:18)

What did we learn from the video?

(Ask students what advice they heard from the video. Examples:

- *It will be emotional*
- *Prepare what you want to say*
- *Write out your feelings*
- *You can read or give what you’ve written to your trusted person*
- *You can draw out your feelings*
- *You need to find the right space to have your conversation*
- *Avoid negative spaces – spaces that trigger your emotions or issues*
- *Set realistic expectations)*



SLIDE 3

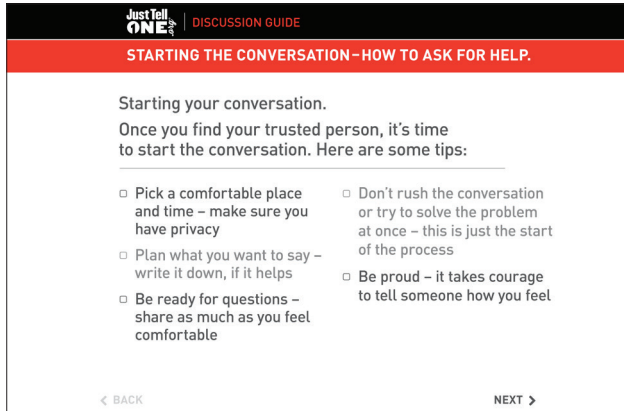
Now that you've prepared yourself, let's hear some ways you could initiate a conversation.

*(Play video
"How to Initiate Your Conversation"
Length of video is 2:20)*

What did we learn?

(Ask students what advice they heard from the video. Examples:

- *Ask for a time to meet, don't go into details beforehand*
- *Get straight to the point*
- *Be prepared that your trusted person may be scared or uncomfortable at first*
- *Only share your feelings with someone you trust*
- *Avoid posting what you are feeling*
- *Write your feelings down*
- *Be open and honest*
- *Sharing your feelings can be scary*
- *Telling someone can be a relief and change your life)*



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STARTING THE CONVERSATION-HOW TO ASK FOR HELP.

Starting your conversation.
Once you find your trusted person, it's time to start the conversation. Here are some tips:

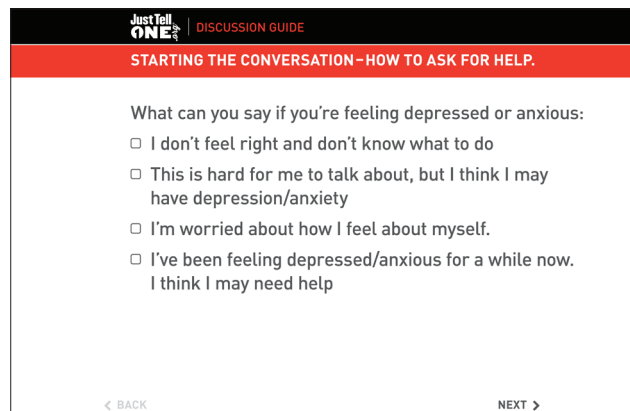
- Pick a comfortable place and time – make sure you have privacy
- Plan what you want to say – write it down, if it helps
- Be ready for questions – share as much as you feel comfortable
- Don't rush the conversation or try to solve the problem at once – this is just the start of the process
- Be proud – it takes courage to tell someone how you feel

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SLIDE 4

There's no wrong way to ask for help with mental illness or addiction. Once you find your trusted person, it's time to start the conversation. Here are some tips:

- Pick a comfortable place and time – make sure you have privacy
- Plan what you want to say – write it down, if it helps
- Be ready for questions – share as much as you feel comfortable
- Don't rush the conversation or try to solve the problem at once – this is just the start of the process
- Be proud–it takes courage to tell someone how you feel



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STARTING THE CONVERSATION-HOW TO ASK FOR HELP.

What can you say if you're feeling depressed or anxious:

- ☐ I don't feel right and don't know what to do
- ☐ This is hard for me to talk about, but I think I may have depression/anxiety
- ☐ I'm worried about how I feel about myself.
- ☐ I've been feeling depressed/anxious for a while now. I think I may need help

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SLIDE 5

What can you say to start your conversation?

If you're feeling depressed, you may start out with:

- ☐ I don't feel right and don't know what to do
- ☐ This is hard for me to talk about, but I think I may have depression or anxiety
- ☐ I'm worried about how I feel about myself
- ☐ I've been feeling depressed or anxious for a while now. I think I may need help

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STARTING THE CONVERSATION—HOW TO ASK FOR HELP.

What can you say if you feel you have a drug or alcohol problem:

- ☐ I think my drinking/drug use is getting out of control, and I don't know what to do
- ☐ This is hard for me to talk about, but I think I have an alcohol/drug addiction
- ☐ I'm worried that my drinking/drug use is getting worse
- ☐ My drinking/drug use is getting in the way of my life. I think I may need help

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SLIDE 6

What can you say if you feel you have a drug or alcohol problem?

You might say:

- ☐ I think my drinking or drug use is getting out of control, and I don't know what to do
- ☐ This is hard for me to talk about, but I think I may have an alcohol or drug addiction
- ☐ I'm worried that my drinking or drug use is getting worse
- ☐ My drinking or drug use is getting in the way of my life. I think I may need help

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STARTING THE CONVERSATION—HOW TO ASK FOR HELP.

What you can say if you have thoughts of suicide or harming yourself:

- ☐ I don't feel like I have a reason to live and don't know what to do
- ☐ This is hard for me to talk about, but I've been thinking about suicide
- ☐ I'm worried that I may hurt myself.
- ☐ I've been having suicidal thoughts lately. I think I may need help.

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SLIDE 7

What if you have thoughts of suicide or harming yourself. What can you say to start your conversation?

- ☐ I don't feel like I have a reason to live and don't know what to do
- ☐ This is hard for me to talk about, but I've been thinking about suicide
- ☐ I'm worried that I may hurt myself
- ☐ I've been having suicidal thoughts lately. I think I may need help

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STARTING THE CONVERSATION – HOW TO ASK FOR HELP.

DOWNLOAD YOUR TOOLKIT

Learn more about your mental health in addition to tools and guides on how to ask about what you're feeling.

ARABIC	BENGALI	BURMESE	KAREN
▶ Arabic Toolkit	▶ Bengali Toolkit	▶ Burmese Toolkit	▶ Karen Toolkit
▶ Nepalese Toolkit	▶ Somali Toolkit	▶ Spanish Toolkit	▶ Urdu Toolkit

You can find these toolkits on the [JustTellOne.org](https://www.JustTellOne.org) website on each of the Get Help pages and all together on the Tools and Inspiration page. The toolkits are available in Arabic, Bengali, Burmese, Karen, Nepalese, Somali, and Spanish. These can be easily downloaded from the [JustTellOne.org/tools-and-inspiration](https://www.JustTellOne.org/tools-and-inspiration)

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SLIDE 8

At the end of today's session, I'm going to pass out some handouts, or toolkits, with information that you can keep with you.

You can also find these toolkits on the [JustTellOne.org](https://www.JustTellOne.org) website on each of the Get Help pages, and all together on the Tools and Inspiration page.

Each toolkit is available in seven different languages and downloadable. If you ever need it, you can take the information with you to talk with a trusted person.

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STARTING THE CONVERSATION – HOW TO ASK FOR HELP.

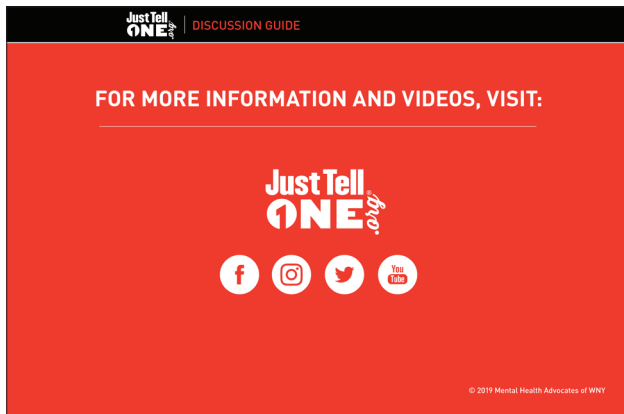
Anthony

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SLIDE 9

This next video is a good summary of what we've talked about so far today.

*(Play video
"How to Have Your Conversation"
Length of video is 3:15)*



SLIDE 10

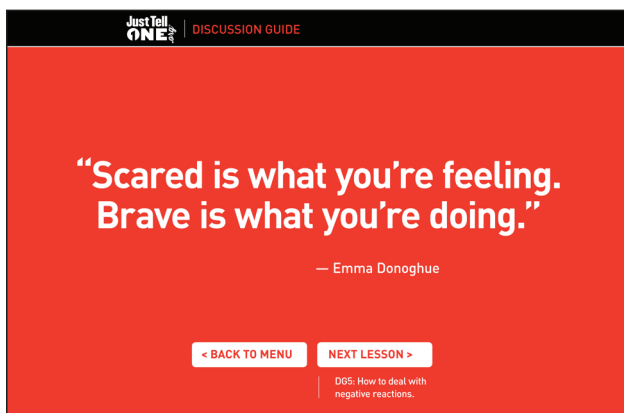
You heard Anthony just say, “it takes time.” Whatever you or a friend may be going through didn’t develop overnight, and the solution won’t happen overnight, either. But it starts by telling one.

For your assignment, review these handouts. Use them for yourself or a friend, if needed.

(Pass out toolkit handouts)

If you haven’t already written down or stored in your phone our school support contacts or crisis numbers, I urge you to do so. Take a picture of the poster on the wall.

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



SLIDE 11

*“Scared is what you’re feeling.
Brave is what you’re doing.”*

– Emma Donoghue