

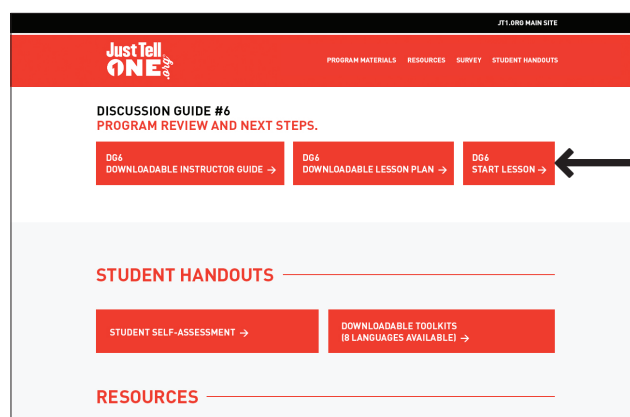


DISCUSSION GUIDE #6

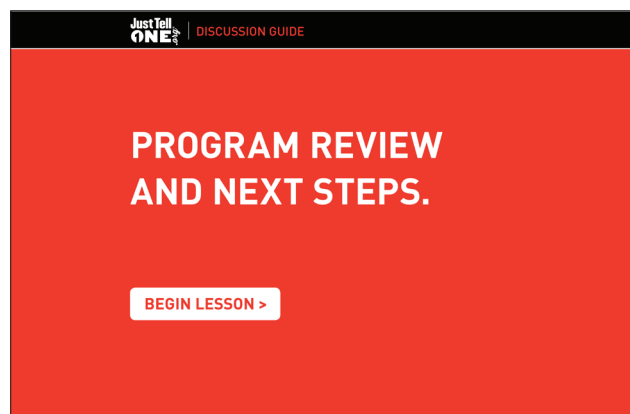
PROGRAM REVIEW AND NEXT STEPS.

ONLINE PROGRAM

INSTRUCTOR GUIDE



(Log in to jt1program.org and select “DG6 Start Lesson” from the menu.)



SLIDE 1

In our first discussion, we talked about how emotions affect both mental and physical health.

Before we get into our review and talk about what the steps someone should take after having their “first” conversation with a trusted person, we want to talk about the importance of self-care – the habits you can work into your daily life to improve your overall health.


DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Importance of self-care:

- ☐ Self-care is any activity you do that takes care of your mental or physical health
- ☐ These can be daily habits or coping strategies to get through difficult times

< BACK

NEXT >

SLIDE 2

What is self-care?

Self-care is any activity you do that takes care of your mental or physical health

What are some examples of self-care habits?

(Ask students for examples:

- > *Eating healthier foods*
- > *Getting enough sleep*
- > *Exercising*
- > *Meditation or mindful breathing*
- > *Journaling*
- > *Being creative (art, music, etc.)*
- > *Reading)*


DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Examples of self-care:

☐ Eating healthier foods	☐ Journaling
☐ Getting enough sleep	☐ Being creative (art, music, etc.)
☐ Exercising	☐ Reading
☐ Meditation or mindful breathing	

< BACK

NEXT >

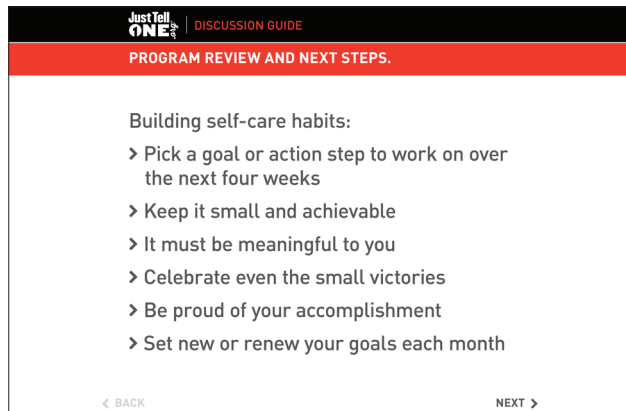
SLIDE 3

(Review self-care examples)

What things, activities, or actions could you do to work some of these into your daily life?

What habits could you create?

(Discuss examples shared)



Just Tell ONE | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Building self-care habits:

- > Pick a goal or action step to work on over the next four weeks
- > Keep it small and achievable
- > It must be meaningful to you
- > Celebrate even the small victories
- > Be proud of your accomplishment
- > Set new or renew your goals each month

< BACK NEXT >

SLIDE 4

I want you to pick one or two self-care goals to work on over the next month, or next four weeks. Pick a self-care activity you plan to add to your weekly or daily routine.

It doesn't have to be big. It can be something small, something you feel you can achieve, and is meaningful to you.

It can be something to help cope with stress – like listening to music or checking in with your trusted person once a week – or something that improves your overall well-being – like eating one piece of fruit a day, going to bed by 11 p.m. each night, or drinking water instead of soda or pop.

Write it down in your journal. At the end of the four weeks, take a look at how you did and be proud of any action you took, no matter how small. Then write another goal down. Again, keep it small and achievable.

The path to success is rarely a straight line and that's OK. If you keep this up for a year, you'll be amazed at what you can accomplish and how much better you might feel.

Does anyone want to share their first four-week goal?

(Ask for examples)


DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Prevention and early-intervention saves lives:

- ☐ 1 in 5 young people live with a mental health challenge
- ☐ Mental health issues and addiction often go hand-in-hand
- ☐ Delayed treatment can escalate a manageable condition into a life-altering crisis

< BACK
NEXT >

SLIDE 5

Let's review what we have learned during this program. We learned that:

- ☐ 1 in 5 people live with a mental health challenge
- ☐ That means someone sitting in front of you, behind you, next to you, or even you may be dealing with an issue
- ☐ Mental illness can range from something mild and temporary to more serious chronic, life-long conditions. So it's important to be understanding and compassionate towards others because you never know what someone might be going through
- ☐ Mental health issues and addiction often go hand-in-hand
- ☐ Treating both is very important
- ☐ Delayed treatment can escalate a manageable condition into a life-altering crisis

Just Tell ONE.org | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Know the warning signs.
For depression or suicide:

- ☐ Acting sad or hopeless for more than two weeks
- ☐ Losing interest in favorite activities
- ☐ Isolated from family and friends
- ☐ 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 6

There are warning signs that may indicate if you or a friend are experiencing a mental health challenge or struggling with addiction.

(Review the warning signs for 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

DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Know the warning signs.

For alcohol or drug abuse and addiction:

- ☐ 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 7

(Review the warning signs for addiction)

- ☐ 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

PROGRAM REVIEW AND NEXT STEPS.

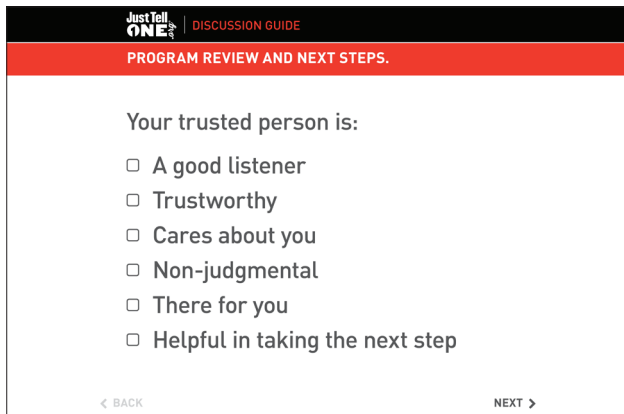
There's no wrong way to ask for help with mental illness or addiction.

Start simple. Just Tell One.

< BACK
NEXT >

SLIDE 8

Asking for help can be as simple as just telling one person. There is no right or wrong way to ask for help.



Just Tell
ONE | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Your trusted person is:

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

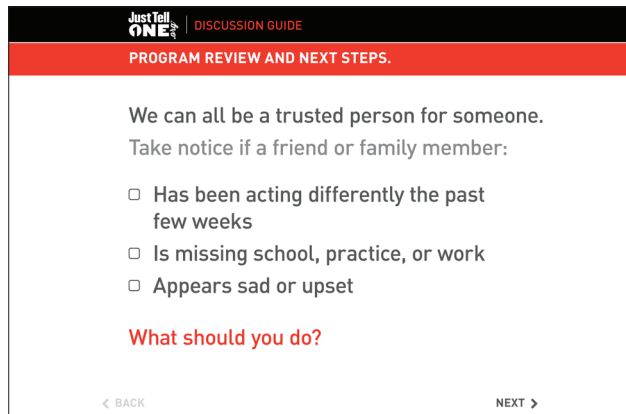
< BACK NEXT >

SLIDE 9

We talked about the importance of finding a trusted person. To review, here are some of the characteristics you should look for when choosing a trusted person.

(Review the characteristics of a trusted person.)

- > *A good listener*
- > *Trustworthy*
- > *Cares about you*
- > *Non-judgmental*
- > *There for you*
- > *Helpful in taking the next step)*



Just Tell ONE.org | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

We can all be a trusted person for someone.
Take notice if a friend or family member:

- ☐ Has been acting differently the past few weeks
- ☐ Is missing school, practice, or work
- ☐ Appears sad or upset

What should you do?

< BACK NEXT >

SLIDE 10

We can all be a trusted person for someone. If you notice that a friend or family member:

- ☐ Has been acting differently the past few weeks
- ☐ Is missing school, practice, or work
- ☐ Appears sad or upset

What should you do?

(Answer: Ask if everything is all right. Ask if there's anything they'd like to talk about.)

If someone approaches you and asks to share their story, and wants you to be their trusted person, how would you handle it?

What would you do?

Would you know what to do?

(Ask for feedback.)

Just Tell ONE | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

What does it mean to be a trusted person?

- ☐ Listen and be supportive
- ☐ Tell the person their feelings are valid
- ☐ Be aware that the person may be experiencing multiple issues
- ☐ Ask the person what he or she wants to do next
- ☐ Tell a counselor if the person's life or health may be in danger

< BACK NEXT >

SLIDE 11

(Review what it means to be a trusted person)

- ☐ Listen and be supportive
- ☐ Tell the person their feelings are valid
- ☐ Be aware that the person may be experiencing multiple issues
- ☐ Ask the person what he or she wants to do next
- ☐ Tell a counselor if the person's life or health may be in danger

Just Tell ONE | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

What does it mean to be a trusted person?

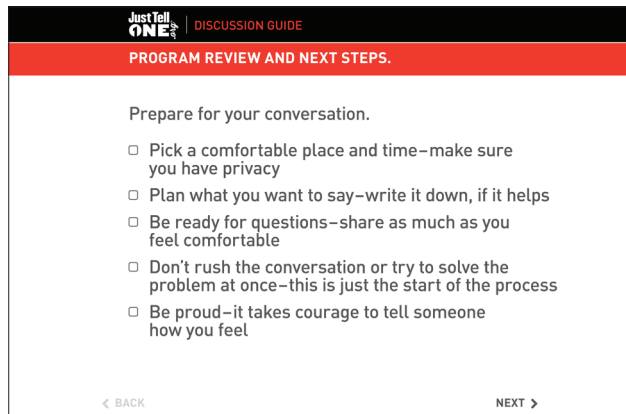
- ☐ Don't judge or be dismissive
- ☐ Don't try to solve the person's problem all at once
- ☐ Don't assume the issue is just a phase and will go away on its own

< BACK NEXT >

SLIDE 12

(Review the don'ts of being a trusted person)

- ☐ Don't judge or be dismissive
- ☐ Don't try to solve the person's problem all at once
- ☐ Don't assume the issue is just a phase and will go away on its own



Just Tell ONE.org | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Prepare for your conversation.

- ☐ 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

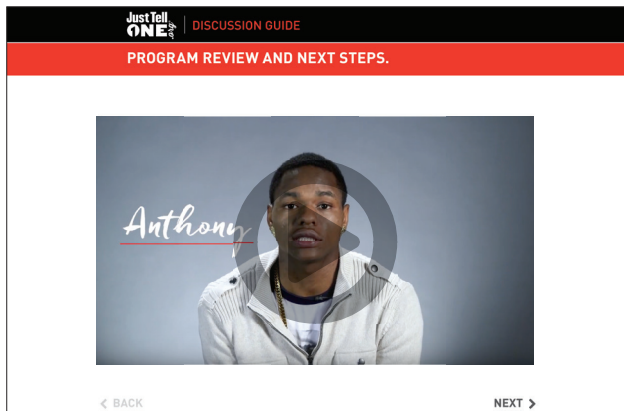
< BACK NEXT >

SLIDE 13

If you needed to talk with someone, let's review what you might do to prepare for that first conversation if you wanted to share something personal.

(Review tips to preparing for your first conversation)

- ☐ 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

**SLIDE 14**

There's no right or wrong way to ask for help. Hopefully, once you have that first conversation, you find some relief by knowing there's now one person who knows your story.

Now what?

What do you do after the first conversation?

(Play video

"What to do After Your First Conversation"

Length of video is 2:24)

A screenshot of a presentation slide from Just Tell One. The slide has a black header with the Just Tell One logo and the text 'DISCUSSION GUIDE'. Below the header is a red bar with the title 'PROGRAM REVIEW AND NEXT STEPS.' in white. The main content area is white and contains the text 'Final assignment:' followed by a bulleted list of five items. At the bottom left is a '< BACK' button and at the bottom right is a 'NEXT >' button.

Just Tell ONE | DISCUSSION GUIDE

PROGRAM REVIEW AND NEXT STEPS.

Final assignment:

- ☐ Keep up with your journal
- ☐ Follow through on your self-care, healthy habit goal
- ☐ Identify a trusted person, should you ever need one
- ☐ Keep a list of school support staff and crisis numbers
- ☐ Refer to JT1 Toolkits as a summary of everything we learned
JustTellOne.org/tools-and-inspiration

< BACK

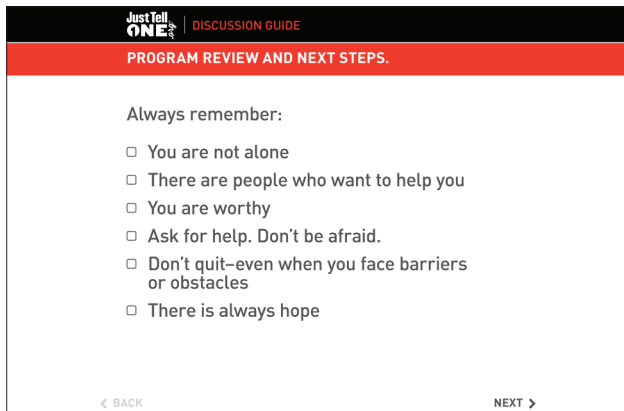
NEXT >

SLIDE 15

We've covered a lot in these Just Tell One discussions.

Your final assignments are to:

- ☐ Keep up with your journal
- ☐ Follow through on your self-care healthy habits over the next 4 weeks. Remember to keep it small, meaningful to you and achievable
- ☐ Go back and review who you chose as your trusted person, should you ever need them
- ☐ Keep a list of school support staff and crisis numbers. Take a photo of our poster or write them down or store them in your phone before leaving class today
- ☐ Refer to Just Tell One Toolkits as a summary of everything we learned. If you don't still have your copy, you can download them from the website at JustTellOne.org/tools-and-inspiration

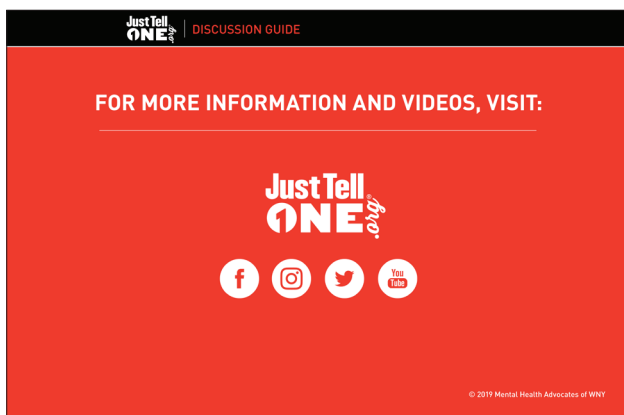


SLIDE 16

And please, remember these important points:

- ☐ You are not alone
- ☐ There are people out there that want to help you
- ☐ You are worthy
- ☐ Ask for help. Don't be afraid.
- ☐ Don't quit—even when you face barriers or obstacles
- ☐ There is always hope

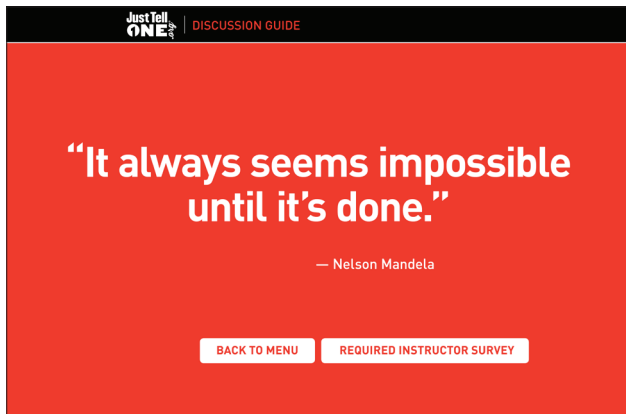
And it starts by **just telling one.**



SLIDE 17

If you ever need a reminder of what we talked about, go to **JustTellOne.org.**

You can also follow Just Tell One on Facebook, Twitter, YouTube, and Instagram for inspiration or motivation.



SLIDE 18

*“It always seems impossible
until it's done.”*

– Nelson Mandela