

Name \_\_\_\_\_

## Be a Buddy, Be a Support: Recognizing and Helping a Friend with Mental Health

### Multiple Choice Questions

1. What is a common sign that a friend may be struggling with their mental health?
  - a) Increased social activities
  - b) Improved school performance
  - c) Sudden mood swings and irritability
  - d) Enhanced interest in hobbies
  
2. What should you do if you notice signs that a friend is going through a tough time with their mental health?
  - a) Ignore the signs; it's none of your business.
  - b) Start a caring conversation with them.
  - c) Share their struggles with others without their consent.
  - d) Criticize them for their behavior.
  
3. What kind of questions should you ask when talking to a friend about their mental health?
  - a) Yes-or-no questions
  - b) Open-ended questions that encourage sharing
  - c) Questions that judge and blame
  - d) Questions that offer immediate solutions
  
4. Why is it important to encourage a friend to seek professional help if needed?
  - a) Professional help is unnecessary for mental health.
  - b) Friends can solve all mental health problems.
  - c) Professional help can provide specialized support and guidance.
  - d) Seeking professional help is a sign of weakness.
  
5. What should you do if supporting a friend through their mental health struggles becomes emotionally challenging for you?
  - a) Keep it to yourself; don't talk to anyone about it.
  - b) Take care of yourself and talk to a trusted adult or counselor.
  - c) Give up on your friend and end the friendship.
  - d) Avoid your friend to avoid the emotional challenges.

