Name _____

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

Short Answer

1. Name one common sign that a friend may be struggling with their mental health.

2. What should you do if you notice these signs in your friend?

3. How can you encourage a friend to seek professional help if needed?

4. Why is self-care important when supporting a friend through mental health struggles?

5. How did Frida Kahlo use her art to express her mental and emotional experiences?

© ReadingDuck.com