

Name _____

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

Open-Ended Response Questions

1. Imagine you notice that your friend has been isolating themselves and experiencing mood swings. How would you start a conversation with them about their mental health, and what would you say to offer support?
2. Reflect on the story of Frida Kahlo. How did her art serve as a therapeutic outlet for her mental and emotional challenges? Provide specific examples.
3. Why is it crucial to avoid judging a friend when they open up about their mental health? How can you create a non-judgmental space for them to share their feelings?
4. Share your thoughts on why it's important to take care of yourself when supporting a friend through their mental health struggles, and suggest one self-care activity you would do.

