

Name _____

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

Multiple Choice Answer Key

1. c) Sudden mood swings and irritability
2. b) Start a caring conversation with them.
3. b) Open-ended questions that encourage sharing
4. c) Professional help can provide specialized support and guidance.
5. b) Take care of yourself and talk to a trusted adult or counselor.

