

Name _____

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

Short Answer Key

1. One common sign that a friend may be struggling with their mental health is a sudden change in behavior, such as mood swings or withdrawal.
2. If you notice these signs in your friend, you should start a caring conversation with them to offer support and understanding.
3. You can encourage a friend to seek professional help by discussing the benefits of professional support, helping them find resources, and offering to accompany them to appointments if they're comfortable with it.
4. Self-care is important when supporting a friend through mental health struggles because it helps you manage your own emotions and well-being. A possible self-care activity could be talking to a trusted adult or counselor.
5. Frida Kahlo used her art to express her mental and emotional experiences by creating self-portraits that depicted her physical and emotional pain, fears, and hopes. One example is her painting "The Two Fridas," which represents her emotional turmoil and inner struggles.

