

Name _____

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

Open-Ended Response Answer Key

1. Answers may vary but could include: I would start the conversation by saying, "Hey, I've noticed that you've been acting differently lately, and I'm here for you if you want to talk. You don't have to go through this alone." I would offer support by listening to their feelings without judgment and suggesting that we can seek help together if they're comfortable with it.
2. Answers may vary but could include: Frida Kahlo used her art as a therapeutic outlet by creating self-portraits that expressed her physical and emotional pain. For example, in "The Broken Column," she depicted herself with a broken body and tears, representing her suffering. Another example is "The Two Fridas," where she showed her inner turmoil and vulnerability through the two Fridas holding hands.
3. It's crucial to avoid judging a friend when they open up about their mental health because judgment can make them feel ashamed or reluctant to share. To create a non-judgmental space, you can actively listen, offer empathy, and reassure your friend that their feelings are valid and accepted.
4. Taking care of yourself when supporting a friend through their mental health struggles is important because it helps you maintain your own well-being. I would engage in self-care by talking to a trusted adult about my feelings and experiences, which can provide me with emotional support and guidance.

