**8.3 – How To Help A Friend: Seeking Support For Others While Caring For Ourselves**

**Parent/Guardian Communication**

A brief communication to share and continue the learning following student participation in the module.

Dear Parent/Guardian,

Today we participated in the final Mental Health Literacy Module from the Ministry of Education. We learned about how to notice when friends may be in need of help and how to support them. We talked about caring for our own mental health as we help care for others and when we need other people to play a role, too, so we don’t have to manage on our own.

Below are some questions to help you continue the conversation and be a part of this meaningful learning. Talking about mental health is a great way to share information, reduce stigma, and support everyone’s mental health.

* What did you find interesting or helpful about what you learned?
* What are some ways that friends can help friends?
  + When is it too much for a friend to handle on their own? Who could you ask for help? *(This is a great time to remind your child that you are there to be of support, should they need it!)*
  + What did you learn about taking care of your own mental health as you support a friend/peer?

You are an important part of supporting your child’s learning about mental health and well-being.

Thank you for being part of our learning community!