

Wednesday May 4, 2022

CMHA Mental Health Week
MAY 2-8, 2022

Choosing not to judge



This is empathy.
Before you weigh in, tune in.

#GetReal about how to help.
mentalhealthweek.ca

This Thursday May 5, during Mental Health Week, is the National Day for Awareness of Missing and Murdered Indigenous Women, Girls and Two-Spirit People. On this day we encourage everyone to pause, reflect, and have empathy for Indigenous families who grieve the loss of their loved ones.

What can you do to #GetReal with students this week and promote mentally healthy classrooms?

Read these articles from the Canadian Mental Health Association in class and reflect on the material with students:

[Empathy: A Skill You Can Learn](#)
[The Power of Empathy](#)

[Listening To Understand, Not To Judge](#)
[The Art of Listening In Six Simple Steps](#)

Review the [Be There Golden Rules](#) and have students complete the [Be There Certificate](#).

Things you might say when helping a friend...

Say what you see
 "Hey, I haven't heard from you in a while. How's it going?"
 "Hey I noticed ____, do you want to talk about it?"
 "You've been ____, a lot more/less than usual. I'm worried about you. How are you?"

Show you care
 "I care about you. What can I do to help?"
 "What do you need?"
 "Would it be ok if we try ____ and see how it goes?"
 "Take your time, I'm here to listen"

Hear them out
 "I hear you, that sounds super hard. Can you tell me more about that?"
 "How are you feeling now?"
 "Hey, I'm around if you want to chat about how you're doing"

Know your role
 "It's really late and we both need sleep, let's talk more tomorrow."
 "I care about you and I'm here for you. I need to take care of my mental health too, and there are some things I'm not comfortable talking about."
 "I have to go to class this afternoon. I'll check back in with you after."
Note: If you think there is an immediate risk of harm to your friend or someone else, respond right away and make sure you connect with support, even if this means waking up a parent or caregiver, or calling a crisis line.

Connect to help
 "You're not alone. Have you thought about talking to a professional or an adult you trust in your community?"
 "No pressure, but I found a few resources that might help."
 "Do you want me to come with you?"
 "Who else do you trust that could help you work through this?"

Share with students Dr. Brene Brown's [Animated Short on Empathy](#) and explore with them the four qualities of empathy; perspective taking, staying out of judgement, recognizing emotions in other people and communicating those emotions. Discuss with students the differences between empathy and sympathy and brainstorm real life examples of empathy vs. sympathy.

Explore [ThriveSMH](#) Instagram Posts with students this week and discuss relevant content for a few minutes each day.



ThriveSMH | Pros'pairs SMS
 A group of students working within School Mental Health Ontario to support student mental health in Ontario
 #StudentsForStudents
linktr.ee/ThriveSMH

306 Posts 672 Followers 108 Following

1 in 5 Canadians will experience a form of mental illness in a given year.

5 in 5 Canadians have mental health.

DID YOU KNOW?

SAVAIS-TU QUE...

...1 Canadien sur 5 connaîtra une forme de maladie mentale au cours d'une année donnée?

...5 Canadiens sur 5 ont une santé mentale?