



## **Chapter 10: Resources – Facilitator Guide**

**Room Set-Up:** A circle, semi-circle, or U-shape would be ideal for discussions and sharing.

**Number of Participants:** Up to 20.

**Approximate Time:** 35-45 minutes

### **Materials**

- Flip chart or white board; markers; Embracing Life Youth Voice Toolkit Chapter 10

### **Learning Objectives**

- Identify numerous resources for mental health support and suicide intervention
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### **Check-In Questions and Discussion**

- How are you arriving today?
- Rose/Thorn/Bud Exercise
  - Rose: One good thing going on in your life right now
  - Thorn: One thing you'd like to work on or improve
  - Bud: One thing you are looking forward to
- Have you ever used a mental health resource? Did it help?

### **Toolkit Chapter Review and Story (pp. 37-40)**

#### **Questions and Discussion (Popcorn Style) – Keep track of responses on flip chart/white board**

- Which resources are available that you didn't know about before today?
- Which resources are missing in your community that you wish were available?
- Why do online mental health and suicide prevention resources exist?

### **Toolkit Worksheet Activity (Work in small groups or individually – facilitator's discretion)**

#### **Checkout Questions**

- How are you leaving today?
- Rose/Thorn/Bud Exercise
  - Rose: What are your favourite takeaways from this chapter?
  - Thorn: Was there anything you didn't like about this chapter?
  - Bud: How will you use what you learned in this chapter to improve your life or the lives of others?