



Info Sheet: Self-Help and Other Supports

Mini-Team 3: What kind(s) of self-help and other support strategies would you suggest to the character in your group's case scenario?

Strategy	What is it / How does it help?	Examples
Exercise / Physical Activity	<ul style="list-style-type: none"> Increases endorphins, or “feel-good” brain chemicals Can help us be present in the moment and focus on something other than our worries 	Dancing, walking, weightlifting, sports, rollerskating, play, yoga, stretching, etc.
Relaxation, Meditation, or Mindfulness Practice	<ul style="list-style-type: none"> “Mindfulness” is being more aware of the present moment – instead of thinking about the future or the past Mindfulness practice can help people manage depression, anxiety, addiction, stress and even chronic health conditions 	Breathing, observation, awareness, listening, appreciation, focusing on specific senses, etc.
Social Networks	<ul style="list-style-type: none"> Strong relationships and support systems can protect an individual experiencing mental health challenges People are more likely to seek help or treatment if someone close to them suggests it Social networks can help individuals navigating mental illness to feel less alone or isolated 	Friends, family, neighbors, clubs, church/religious/spiritual groups, work colleagues, associations, etc.
Peer Support Groups	<ul style="list-style-type: none"> A regular gathering of a group of people with a similar lived experience or mental health diagnosis Usually facilitated by a peer support specialist or a professional Helps individuals feel less alone and stay in recovery, even when it is challenging 	Grief support groups, Alcoholics Anonymous, Alzheimer’s Association, Anxiety support groups, Parent support groups, etc.
Self-Help Books / Education	<ul style="list-style-type: none"> Resources to help someone learn more about a diagnosis or a mental health challenge they are navigating Can also be helpful for supporters/caregivers of the person navigating the challenge Teach strategies and actions to support recovery 	Books, articles, videos, resource guides, etc.
Hobbies	<ul style="list-style-type: none"> Engaging in a preferred activity can help someone to experience joy and have something to look forward to Hobbies often connect individuals with other people who have similar interests 	Sports, knitting, puzzles, video games, reading, making art, hiking, etc.