

Module	Objectives
1. Orientation	<ul style="list-style-type: none"> • Introduction to other participants, the Coordinator and CHP. • Identify the main qualities of a helper.
2. Ethics, Assumptions and Supports	<ul style="list-style-type: none"> • Explore ethical issues one may encounter when helping. • Explore assumptions people make about one another and the impacts. • Learn about the importance of helpers supporting one another.
3. Setting the Stage for Helping	<ul style="list-style-type: none"> • Understand the language common to health (both physical and mental). • Identify warning signs for when others need help, and recognize situations in which help may be required. • Observe and practice non-verbal and verbal listening skills.
4. Helping as a Process	<ul style="list-style-type: none"> • Discuss the CAST and SUPPORT concepts for helping. Practice helping others using these frameworks. • Understand the role of a helper when supporting others.
5. You can Help Yourself Too	<ul style="list-style-type: none"> • Apply the concepts of CAST and SUPPORT to helping yourself. • Recognize the importance of self-care, and strategies for self-care.
6. Boundaries and What to Do About Them	<ul style="list-style-type: none"> • Explore setting and establishing boundaries when helping others.
7. How to Respond in a Crisis	<ul style="list-style-type: none"> • Become familiar with the characteristics of a crisis, the helper's role in a crisis and how to support others going through a crisis. • Explore local community resources and how to refer others to services.

8. Mental Health Awareness	<ul style="list-style-type: none"> • Explore the concepts of mental health and mental illness. • Determine how to respond in a crisis situation in which someone may be experiencing a mental health concern or acute symptoms of a mental illness.
9. Understanding Suicide	<ul style="list-style-type: none"> • Discuss suicide myths, facts and emotions. • Recognize the signs and symptoms of suicide, how to support someone thinking about suicide, and where to refer.
10. Stress and Coping	<ul style="list-style-type: none"> • Explore stress, and how to help manage stress. • Develop and discuss ways to help others manage and cope with their stress.
11. Self-Esteem, Self-Image and Social Media	<ul style="list-style-type: none"> • Explore self-esteem and self-image in relation to mental health. • Learn about social media and other influences on self-perceptions and help friends manage factors that influence self-esteem and self-image.
12. Healthy Relationships and Sexual Health	<ul style="list-style-type: none"> • Discover characteristics of a healthy friendship and how to create and maintain healthy friendships. • Determine characteristics of unhealthy romantic relationships, consent, information on STI's, and resources.
13. Sexual Orientation, Gender Identity and Gender Expression Awareness (How to be an Ally)	<ul style="list-style-type: none"> • Understand sexual orientation, gender identity and gender expression. • Become aware of LGBTQ2S+ perspectives and ways to be an ally.

14. Use, Misuse and Addictions-Substances and Processes	<ul style="list-style-type: none"> • Identify substance and process addictions, and commonly misused substances. • Determine how to support a friend who may have an addiction or unhealthy amount of use.
15. Grief and Loss	<ul style="list-style-type: none"> • Recognize a wide range of losses and grief as a response to loss. • Discuss support for those who are grieving.
16. Learning and Education Concerns	<ul style="list-style-type: none"> • Understand learning and education concerns and how they relate to mental health. • Learn ways to help their friends with their learning and education concerns.
17. Abuse and Conflict	<ul style="list-style-type: none"> • Define abuse and conflict, and ways to support friends safely.
18. Career and Work Concerns	<ul style="list-style-type: none"> • Identify career development principles and how to support friends with career or work concerns.