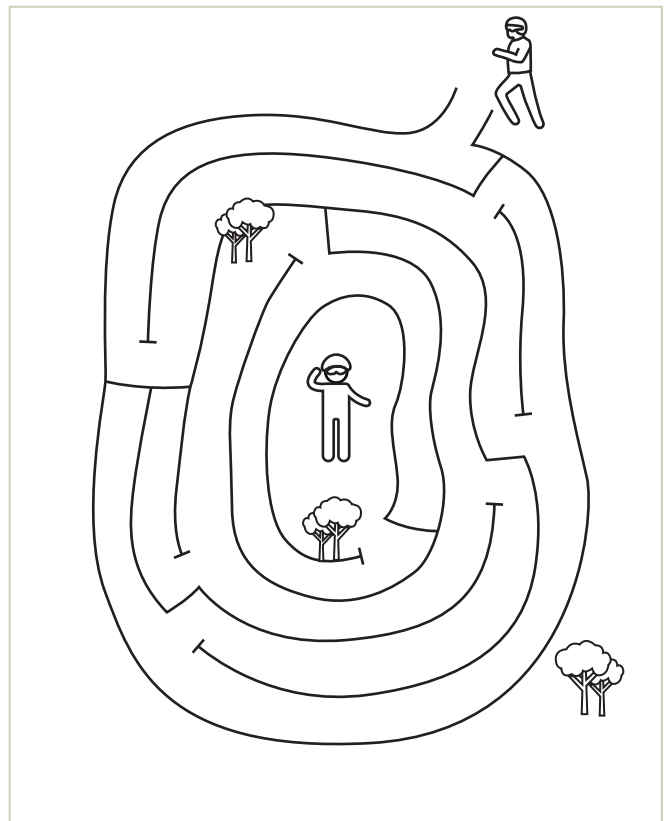
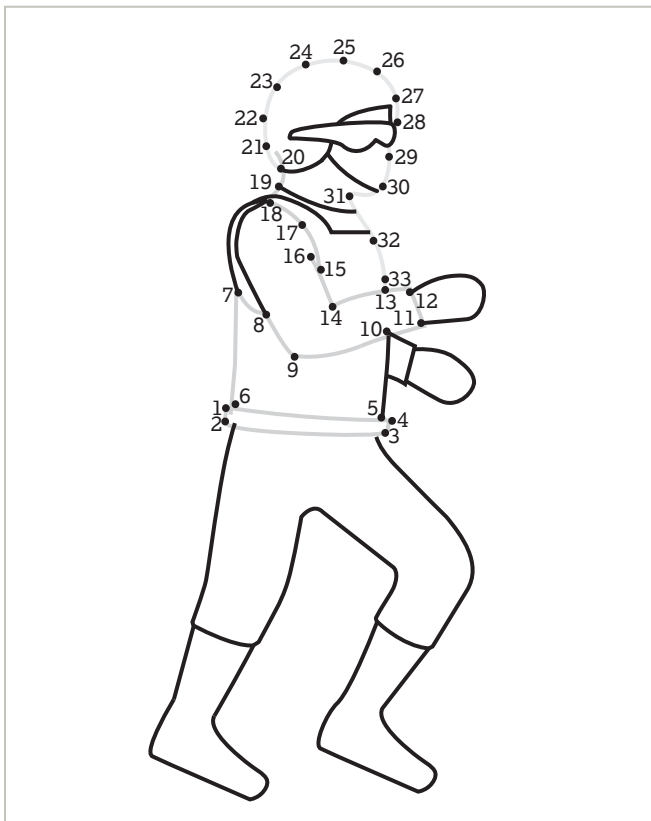
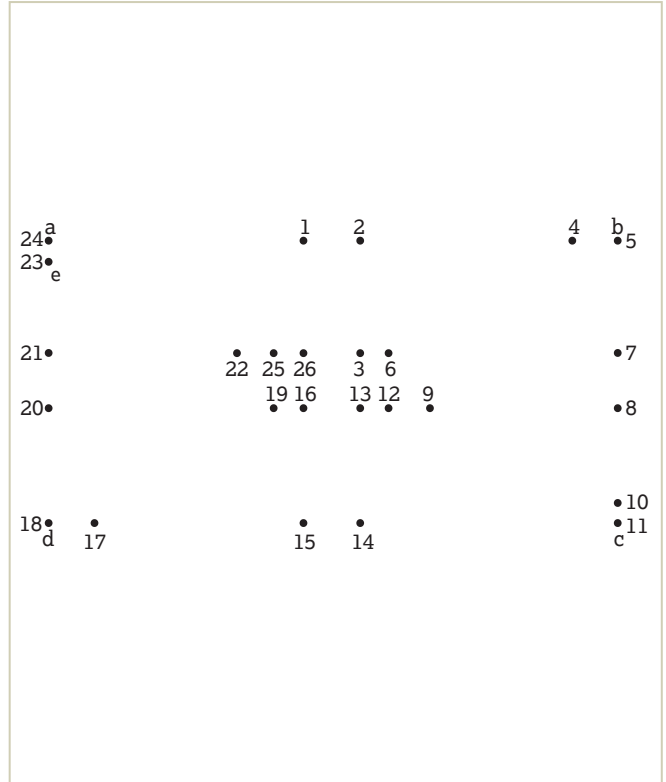
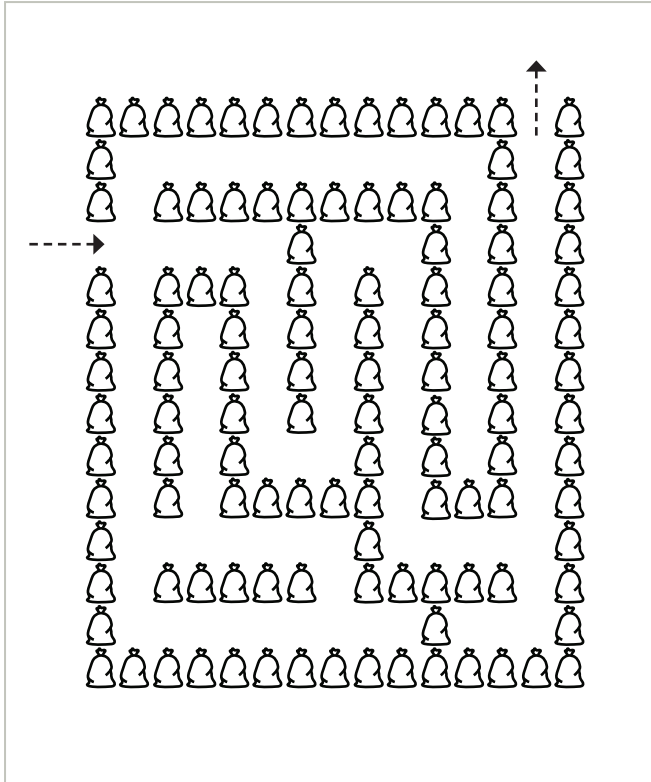


# SUPPORT NETWORKS

## MENTAL HEALTH AND WELLBEING

### PUZZLES



# SUPPORT NETWORKS

## MENTAL HEALTH AND WELLBEING

### SUPPORT SCENARIOS

Tick the scenario you have been assigned:

- Mia's mum has become unwell and Mia is having to do a lot of the housework, as well as caring for her Mum and her younger brother.
- Aya wants to get picked for a place in a specialist football academy - she has three weeks until the trials.
- Ben has been finding school work difficult and is worried he is falling behind.
- Jamal has been feeling worried about lots of things recently and finding it difficult to sleep. He thinks he might have anxiety.

#### Part A:

01. What type of support might they need?
  
  
  
  
  
  
  
  
  
  
02. What type of people might be able to give them the support they need and how might they help?
  
  
  
  
  
  
  
  
  
  
03. How might the young person benefit from the support?

#### Part B :

01. How might they be feeling?
  
  
  
  
  
  
  
  
  
  
02. What barriers might they be facing in asking for support?
  
  
  
  
  
  
  
  
  
  
03. What might they need in order to overcome this barrier?
  
  
  
  
  
  
  
  
  
  
04. What could a friend say to encourage or support them?