

MindEase Mental Health First Aid Self-Reflection Program

Phase 1: “How’s Your Head, Really?”

Helping users understand mental health, emotions, and what shapes their inner world.

LEARN

Lesson 1: “Mental Health Isn’t Just Mental”

- Explore how mental health affects your body, thoughts, and behaviours — not just your mood.
- Real-world examples of how stress shows up physically or socially.

Lesson 2: “Okay vs Not Okay — What’s the Line?”

- Understand the difference between occasional struggles and diagnosable conditions.
- Learn about the Mental Health Continuum — and where you might sit on it today.

Lesson 3: “What Shapes the Storm?”

- Risk factors vs protective factors — why some things shake you more than others.
 - Build your awareness of what strengthens your mind.
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WATCH

Video 1: “Let’s Redefine Mental Health”

- A 60-second animated walkthrough of how mental health lives in all of us — every day.

Video 2: “*You’re Not the Only One*”

- Real stats and stories showing how common mental health struggles are — you’re not alone.

Video 3: “*Inner Shields: What Protects You?*”

- A visual breakdown of protective factors like sleep, routine, connection and movement.

ACTIVITY

Journal Prompt: “*What Does Good Mental Health Feel Like to You?*”

- *Write your own definition, no wrong answers.*
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QUIZ

1. **True or False:** “Mental health only matters when something is wrong.”
2. **Which of these is NOT a mental health warning sign?**
 - a) Avoiding friends
 - b) Feeling exhausted
 - c) Laughing a lot
 - d) Trouble sleeping

(Correct: c)
3. **Where would someone who’s overwhelmed but coping be on the continuum?**

- a) Healthy
- b) Coping
- c) Unwell
- d) Ill

4. Which of the following is a *protective factor*?

- a) Financial stress
- b) Substance use
- c) Strong friendships
- d) Irregular sleep
(*Correct: c*)

Phase 2: “When Storms Show Up”

Recognising early warning signs in yourself and others — and learning how to respond.

LEARN

Lesson 1: “It Starts Subtle”

- Understand early signs of mental health decline: changes in sleep, mood, withdrawal, etc.
- Explore how small shifts can mean big things — especially when left unchecked.

Lesson 2: “*Seeing the Unseen*”

- Learn how mental health struggles can look different for everyone — anger, silence, fatigue, disconnection.
- Why staying observant (without judging) matters.

Lesson 3: “*What Would You Do?*”

- Learn the foundations of supportive response — how to show up without needing all the answers.
- Build your personal “approach toolkit” for friends, family, and even yourself.

WATCH

Video 1: “*5 Signs to Never Ignore*”

- Quick 60-sec explainer of critical emotional and behavioural signs.

Video 2: “*The Many Faces of Struggle*”

- Visual montage of how different people might express distress — often silently.

Video 3: “*Showing Up Without Fixing*”

- A guide on supportive presence — even when you’re unsure what to say.

ACTIVITY

Prompt: "If You Could Say One Thing to Your Past Self..."

- Reflection prompt to practise empathy for your past struggles.
 - Helps users normalise seeking help.
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QUIZ

- 1. Which of these is a common early warning sign of mental health decline?**
 - a) Talking about suicide directly
 - b) Avoiding social events
 - c) Eating less
 - d) All of the above
(Correct: d)
- 2. True or False:** "People who joke around a lot never struggle mentally."
- 3. What's a healthy first step if you notice a friend withdrawing?**
 - a) Give advice
 - b) Send a "Thinking of you" message
 - c) Wait until they reach out
(Correct: b)
- 4. What's most important in a first response?**
 - a) Solving their problem
 - b) Validating their experience

- c) Telling them it's not so bad
(Correct: b)

Phase 3: “Let’s Talk About It”

Building confidence to have mental health conversations — safely, calmly, and without judgment.

LEARN

Lesson 1: “Why We Stay Silent”

- Understand the fears, stigma, and hesitation behind mental health conversations.
- Why many people *want* to talk — but don’t know how to begin.

Lesson 2: “The Power of Asking Twice”

- Learn the science behind gentle persistence.
- Why the second “Are you really okay?” can open doors.

Lesson 3: “You Don’t Need the Perfect Words”

- Explore why authenticity matters more than expertise.
 - Build confidence to have mental health chats without needing to be a therapist.
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WATCH

Video 1: “The Pause That Helps”

- Demonstrates how silence can be supportive, not awkward.

Video 2: “Don’t Panic, Just Listen”

- Visual walkthrough of a helpful vs unhelpful mental health convo.

Video 3: “Your Words Matter”

- 60-second reel on non-verbal cues, tone, and body language in sensitive chats.
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ACTIVITY

 **Prompt: “The Hardest Conversation I Never Had...”**

- Reflective journaling about a time you wished you spoke up — or someone else did.
 - Builds emotional awareness and self-trust.
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QUIZ

1. Which of these is a helpful way to start a mental health chat?

- a) “You seem off, what’s wrong with you?”

- b) "I noticed you've been quieter lately. Everything okay?"
(Correct: b)
2. **True or False:** "It's dangerous to talk about suicide because it might plant the idea."
(False — talking about it reduces risk.)
3. **Which of the following is NOT helpful in early conversations?**
- a) Judging their feelings
 - b) Listening without interruption
 - c) Validating their experience
(Correct: a)
4. **What's the goal of the first conversation?**
- a) Solve their problems
 - b) Get them professional help immediately
 - c) Make them feel heard and safe
(Correct: c)

Phase 4: Helping Without Hurting

What to do when listening is not enough.

Learn

Lesson 1: When to Step In

- Learn how to recognise signs that someone needs more than just a conversation.
- Understand the difference between a low point and a crisis moment.

Lesson 2: Knowing Your Limits

- Explore why your role is to support, not solve.
- Understand personal and emotional boundaries when helping others.

Lesson 3: Guiding, Not Forcing

- Learn how to offer professional help without pushing or making someone feel judged.
- Understand how to support autonomy and reduce resistance.

Lesson 4: Crisis Conversations

- How to talk about suicide, self-harm, or substance use with calm and clarity.
- What to say, what not to say, and when to call for help.

Watch

Video 1: Spotting the Signs

- A walkthrough of real-life behavioural cues that may signal crisis.

Video 2: Supporting, Not Saving

- Roleplay showing a supportive but non-controlling conversation.

Video 3: What Happens When You Call for Help

- Breakdown of what happens when you call Lifeline, 000, or connect with a GP or therapist — to remove fear of the unknown.
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Activity

Journal Prompt: “What’s My Line?”

- Write down one sentence you feel comfortable using when offering help.
- Practise creating boundaries and offering support.

Scenario Challenge: “Your Friend is Withdrawing More Each Day”

- Choose how you’d respond across 3 branching options.
- Reflect on the emotional impact and practical results of each response.

Reflection: My Support Plan

- Guided worksheet to outline your own support boundaries, helpful contacts, and mental health first aid steps for yourself and others.
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Quiz

1. Which is an appropriate way to offer help to someone in crisis?

- a) “You have to see a doctor right now.”
- b) “Would it help if I came with you to talk to someone?”
(Correct: b)

2. **True or False:** You should only bring up suicide if the person mentions it first.
(False — asking directly can reduce risk and shows you care.)

3. **Which action is NOT supportive?**

- a) Staying with them until help arrives
- b) Ignoring their comments about being a burden
- c) Listening without judgement
(Correct: b)

4. **What's your role in a mental health crisis?**

- a) Professional therapist
- b) Emergency contact
- c) Supportive bridge to professional help
(Correct: c)