

## LEARN

### Lesson 1: “Signs That Go Unspoken”

#### **Understanding the quiet ways people show they’re not okay**

We often imagine mental health challenges looking dramatic — visible breakdowns, dramatic behaviour, or someone openly saying “I need help.” But the truth is, mental health struggles are usually quiet. They show up in ways that are easy to miss if you’re not paying attention.

In this lesson, we dive deep into the *subtle signs* someone might be struggling:

- A friend who used to reply quickly now takes days to respond.
- A colleague who’s always early suddenly stops showing up on time.
- Someone who used to laugh freely now avoids eye contact or rarely talks.

These shifts can signal emotional distress — even if the person says they’re fine.

We’ll explore:

- The difference between everyday stress and early warning signs of deeper mental health concerns.
- The common signs of depression, anxiety, or burnout that people don’t always talk about — like changes in eating or sleeping habits, withdrawing socially, or trouble focusing.
- Why noticing these shifts matters — because early support can change everything.

This lesson isn’t about labelling people. It’s about *noticing patterns* and knowing when something feels different — and using that awareness to care better.

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### Lesson 2: “How to Ask Without Making It Weird”

## **Checking in with someone doesn't have to be awkward**

One of the biggest barriers to offering support is not knowing what to say. You might be afraid of saying the wrong thing, making it worse, or just being brushed off.

But showing you care — even imperfectly — matters more than saying the perfect words.

This lesson teaches you how to:

- Open the door gently. You don't have to ask, "Are you depressed?" You can simply say, "I've noticed you've seemed off lately — want to talk?"
- Use non-threatening, real-world phrases like:
  - "I've been thinking about you — how are you really doing?"
  - "You've seemed a bit quiet recently, just wanted to check in."
  - "If there's ever anything on your mind, I'm here."

We'll break down:

- What to say if someone *doesn't* want to talk (yet)
- Why listening without trying to fix is often the most powerful response
- How to show you care over time — not just once

The key is to *be curious, not confrontational*. You're not forcing them to open up. You're letting them know they're not alone — and that matters more than you think.

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## **Lesson 3: “Be the Bridge, Not the Fix”**

**Support doesn't mean solving everything — it means helping someone take the next step**

It can feel overwhelming when someone shares something heavy. You might feel pressure to “say the right thing” or give advice, especially if you care deeply about them.

But you’re not their therapist. And you don’t need to be.

In this lesson, we focus on **healthy helping**:

- The difference between being a safe space vs taking on the full weight of someone’s problems.
- Why boundaries matter in support — especially if their struggles are affecting your own wellbeing.
- Simple ways to help someone move toward professional support, without making them feel broken.

You’ll learn:

- Phrases that offer support without pressure:
  - “Have you thought about talking to someone trained to help with this?”
  - “I can help you find someone if you’d like.”
- How to share resources like helplines or counselling options without being pushy
- Why it’s okay to say, “I’m here for you, but I also need support sometimes too.”

True support is being a bridge — not the entire road. You guide them to help. You remind them they’re not alone. And you protect your own mental space along the way.

## **WATCH**

### **Video 1: “Not All Struggles Are Loud”**

**Purpose:** To highlight that mental health issues are often quiet and invisible, encouraging viewers to become more observant and empathetic.

**Script:**

*[Soft background music fades in. Scenes show people in different settings: commuting, sitting at a desk, scrolling their phone, staring into space.]*

VO: “What does it look like when someone’s struggling? Crying? Shouting? Breaking down?”

*[Cut to the same characters, but now showing subtle shifts — turning away from messages, forced smiles, skipping meals.]*

VO: “The truth is... most struggles aren’t loud. Most don’t come with a warning label.”

*[Show text bubbles unanswered. A girl staring at the ceiling at 2am. A friend skipping plans again.]*

VO: “Mental health challenges often live in the quiet — in the small changes. The slow fade-outs.”

*[Cut to close-up of someone looking away when asked, ‘Are you okay?’ Then a thought bubble: ‘I don’t want to burden anyone.’]*

VO: “It’s easy to miss. But noticing matters. It could be the moment someone realises they’re not alone.”

*[End scene with the text: ‘You don’t have to fix it. Just notice. Just ask.’]*

VO: “Support starts with paying attention.”

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## **Video 2: “Checking In Doesn’t Need a Script”**

**Purpose:** To reduce fear around asking someone if they’re okay and offer everyday examples of how to start the conversation.

**Script:**

*[Scene: Someone pacing with their phone, hesitating to send a message.]*

VO: "You want to check in. But you're not sure how."

*[Cut to imagined thought bubbles: 'What if I say the wrong thing?' 'What if they get upset?']*

VO: "Here's the truth. You don't need a script."

*[Show text messages being typed and sent: 'You've been on my mind. All good?' 'Hey, you seemed a bit off lately. Want to catch up?']*

VO: "Simple words. Real care."

*[Cut to face-to-face scene. One person says, 'I don't know what's going on, but I'm here if you ever want to talk.' The other nods slowly.]*

VO: "It's not about fixing. It's about showing up."

*[Show different types of conversations — in the car, on a walk, over coffee.]*

VO: "You don't need perfect timing or perfect words. You just need to care enough to ask."

*[Text on screen: 'Checking in is connection, not confrontation.]*

VO: "Let them know they matter. That might be the start of their healing."

## Phase 4: Quiz Questions

Each question includes a correct answer and an explanation to reinforce learning when shown in the app.

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- 1. Which of the following is NOT a warning sign someone might be struggling with their mental health?**

- a) Withdrawing from social events
- b) Saying “I’m fine” repeatedly
- c) Maintaining regular routines
- d) Sudden changes in sleep or appetite

**✓ Correct Answer: c) Maintaining regular routines**

**Explanation:** Regular routines are often a protective factor. It’s the disruption or change in behaviour that’s concerning.

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## **2. True or False: Asking someone about their mental health can make things worse.**

**✓ Correct Answer: False**

**Explanation:** Research shows that asking someone if they’re okay does not increase risk — it can actually provide relief and connection.

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## **3. What’s the best way to start a check-in conversation?**

- a) Wait until they ask for help
- b) Use complicated mental health terms
- c) Start simple, show genuine care
- d) Tell them to “cheer up”

**✓ Correct Answer: c) Start simple, show genuine care**

**Explanation:** You don’t need perfect words — care and presence matter more than polished phrasing.

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## **4. What does “you’re a bridge, not a therapist” mean?**

- a) You should avoid talking to people about problems
- b) You’re meant to connect them to the right support
- c) You are responsible for solving their issues
- d) It’s better to say nothing than say the wrong thing

**✓ Correct Answer: b) You’re meant to connect them to the right support**

**Explanation:** Your role is to listen and refer — not to diagnose or fix.

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### **5. Which statement is most helpful during a check-in?**

- a) "That sounds tough. Do you want to talk about it?"
- b) "I know exactly how you feel."
- c) "You're just being dramatic."
- d) "Get over it, it's not that bad."

 **Correct Answer:** a) "That sounds tough. Do you want to talk about it?"

**Explanation:** Empathetic, open-ended responses invite sharing without pressure or judgement.

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## **Activity**

### **Journal Prompt: “Your Role in Someone’s Mental Health Journey”**

Think of someone in your life who might be struggling — a friend, colleague, family member, or even an acquaintance.

1. What signs or changes have you noticed?
2. What has stopped you from reaching out so far?
3. What would you say if you had just 60 seconds of courage?
4. Now flip it: If you were struggling, who do you *wish* would notice? What do you want them to ask or say?

#### **Purpose:**

This activity encourages users to see themselves as both supporters and individuals needing support. It reinforces the importance of noticing, checking in, and opening conversations — even when they feel awkward.



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