

Mental Health & Peer Support Guide

Coping Strategies · Venting · Boundaries · Wellbeing

jasperspace.netlify.app ✦ Your learning journey starts here

Mental Health & Peer Support Guide

You matter. Your feelings matter. This guide is here to remind you of that.

1. Why Mental Health Matters

Mental health is just as important as physical health. It affects how you think, feel, act, make decisions and relate to others. Taking care of your mind is not weakness — it is strength.

Common signs you may need support:

- Feeling overwhelmed, anxious or constantly worried
- Difficulty sleeping or sleeping too much
- Losing interest in things you used to enjoy
- Feeling disconnected from friends or family
- Negative self-talk or low self-worth
- Difficulty concentrating or making decisions

If you recognise these signs in yourself — you are not alone and there is support available.

2. Healthy Coping Strategies

- Talk to someone you trust — a friend, family member or peer supporter
- Journal your feelings — writing them down releases them from your mind
- Move your body — even a short walk improves mood significantly
- Limit social media when it makes you feel worse about yourself
- Practice gratitude — write 3 things you are grateful for daily

- Breathe — deep breathing activates your body's calm response
-

3. The Power of Venting

Sometimes you do not need advice. You just need to be HEARD. Expressing your feelings without judgment releases emotional pressure and helps you process difficult experiences.

A good listener will:

- Give you their full attention
 - Not interrupt or judge
 - Validate your feelings even if they do not fully understand
 - Only offer advice when you actually ask for it
-

4. Setting Boundaries

Boundaries protect your mental and emotional energy. They are not selfish — they are necessary.

- It is okay to say no without explaining yourself
 - You do not owe anyone access to your time and energy
 - Distance yourself from people who drain you consistently
 - Protect your peace the same way you protect your phone battery
-

5. When to Seek Professional Help

Peer support is valuable but it is not a replacement for professional help. Please reach out to a therapist or counsellor if you are experiencing severe anxiety, depression or thoughts of self-harm. You deserve proper care.

Need a safe space to vent and be heard without judgment? Book a Peer Support session with Jasper Space. We are here for you. Always. ■