

# TRAINING HANDOUT

BY DR.KC

## Top 5 mental health illnesses most frequently occur in your online community


## Top 5 mental health illnesses you have dealt with in the past for your community


## Top 5 mental health illnesses you don't feel comfortable dealing with


## Examples on 4 types of troublesome modern internet users in your community recently

The Spoiled	
The Complainer	
The Impatient	
The Quitter	

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**What are your roles in your online community?**


**What is the relationship between you and the community members?**


**What is your position when dealing with trouble in your online community?**


**What tones do you speak to your community members?**


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What are your attitudes on helping out your online community?


What are your boundaries on helping out your online community?


What coping skills have you already used in your community care service?


What coping skills do you need to improve in your community care service?
