

Let's Talk

Tips For Talking About Your Mental Health

Set aside 30 minutes for an open, uninterrupted conversation with someone you trust.

1. Start with a text

Send a simple text such as, "I have some important things on my mind. Can we set aside some time to talk?"

2. Find and share information

Look up helpful information online that explains what you're going through. Print it out or save it to share when you're ready to talk.

3. Take the Youth Screen at mhascreening.org

Take the Youth Screen at mhascreening.org and print your results to share with the person you plan to talk to.



Want more information?

Contact SEKMHC at (866) 973-2241 or
Scan this QR code to be directed to
Mental Health America Resources

