

May is Mental Health Awareness Month!

**MENTAL
HEALTH
MATTERS**

LET'S TALK ABOUT IT.

**BE A PART OF
THE CONVERSATION.**



with  **HOPE**

THE AMBER CRAIG MEMORIAL FOUNDATION

Dedicated to Suicide Prevention

www.withhopefoundation.org

HOW TO HAVE A CONVERSATION ABOUT MENTAL HEALTH:

1

You don't need special training to have a conversation about mental health. Talking about it can be the first step.

2

Trust your gut if you think someone is having a hard time. Reach out and normalize mental health by talking about it directly.

I really care about you and I've noticed you haven't been yourself lately. I'm wondering how you're doing?

What if they tell you they're struggling?

3

Reassure and validate them.

"Thanks for sharing that with me. It's okay to talk about it and I'm here to listen."

4

Make sure to include that getting help is important then reach out to a trusted adult.

"I think you might benefit from seeking additional help. It can make a big difference!"



FOR RESOURCES AND MORE INFO

Visit www.withhopefoundation.org
Contact (714) 524 1996



With Hope,
the Amber Craig
Memorial Foundation



@withhopefoundation



@WithHopeFoundtn

NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RED NACIONAL
de
PREVENCIÓN
del
SUICIDIO
1-888-628-9454
prevenciondelsuicidio.org

1-800-273-TALK (8255)

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential