

# May is Mental Health Awareness Month!

**MENTAL HEALTH MATTERS**  
**LET'S TALK ABOUT IT.**

**BE A PART OF THE CONVERSATION.**



## 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](http://www.withhopefoundation.org)  
Contact (714) 524 1996

 With Hope, the Amber Craig Memorial Foundation  
 @withhopefoundation  
 @WithHopeFoundtn



**CRISIS TEXT LINE |**  
Text HELLO to 741741  
Free, 24/7, Confidential

<b>NATIONAL</b>	<b>RED NACIONAL</b>
<b>SUICIDE PREVENTION LIFELINE</b>	<b>PREVENCIÓN del SUICIDIO</b>
1-800-273-TALK (8255) <a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>	1-888-628-9454 <a href="http://prevenciondelsuicidio.org">prevenciondelsuicidio.org</a>
<b>1-800-273-TALK (8255)</b>	