



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

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

"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



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