

Sharing my mental health issues with a trusted person

Who/What/When/Where

THIS DOES NOT APPLY TO EMERGENCY SITUATIONS WHERE YOU NEED HELP IMMEDIATELY

Who is a trusted person I can share this with: a person with whom I can share personal and private information with and believe they will help and support me.



<ul style="list-style-type: none">● Parent● Adult sibling● Support staff● Adult partner● A close friend I've shared private information with before who has helped me● Other?	<ul style="list-style-type: none">● Someone I know from a class I took● Someone I met online gaming● Someone I know on social media or online (such as Facebook, Snapchat, Instagram, a YouTuber)
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My trusted person(s): _____

What do I say: things I can say to start the conversation.



<ul style="list-style-type: none">● Can I talk with you?● Do you have a minute to talk?● I have been having a hard time lately?● I don't feel well/I don't feel good● I don't feel right, can we talk about it?● I want to let you know I _____● I am feeling down lately and I need to talk to someone● I am worried lately and I need to talk with someone● I have been feeling _____ about _____ . Can we talk about it?● Other?	<ul style="list-style-type: none">● I FEEL LIKE CRAP!● You made me _____● I'm going to _____ if I don't talk to someone NOW.● Other?
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I will start the conversation by: _____

What do I share: things I noticed about my mind and body that are important to share with my trusted person.



<ul style="list-style-type: none">● Not eating● Not sleeping● Trouble concentrating● Feeling down, sad lot● Feeling worried/anxious● Do not want to do fun things I enjoy	<ul style="list-style-type: none">● I'm bored there is nothing to do● You are being mean!● I am going CRAZY!● Other?
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Things I can share: _____

When do I talk with this person: find a time when my trusted person does not appear too busy



<ul style="list-style-type: none">● The person is watching TV● The person is doing dishes● The person is in car with you● Other?	<ul style="list-style-type: none">● The person is talking on the phone● The person is taking a shower● The person is about to leave/go somewhere● The person is having a conversation in front of you● Other?
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When I will talk with this person: _____

Where is a good place to talk with this person: a quiet place that we can hear each other and focus



<ul style="list-style-type: none">● A quiet place at home● Few or no other people are around● Sitting in a parked car● Other?	<ul style="list-style-type: none">● In a place where I have to raise my voice● Driving in traffic● In a place where there are alot of people around● Other?
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Where I will talk with this person: _____