

TAKING A STEP, ASKING FOR HELP

TALKING TO YOUR FAMILY

If you're worried about what people might think or do if you tell them that you're wondering about your mental health, it might be helpful to consider speaking to someone who you find trustworthy. You could talk to your parents, friends, and even aunts, uncles, guidance counsellors, and community leaders.

Talking to Your Family

If you are thinking of talking to your parent(s) or other family members about something you are struggling with but are afraid of how they might react, here are some tips:

- **Rehearsing can be helpful.** Plan out the points you want to make, and the words you'd like to use.
- **Pick a good time.** Try talking with your parent(s) when it seems like they can give you their full attention. You may want to set up an appointment or make a 'date' to ensure they've put the time aside.
- **Set the stage.** Let them know what you need of them while you talk. For example "I have some things to say, and I'd really appreciate it if you wait until I'm finished to respond...okay?"
- **Try and stay calm.** Yelling or becoming defensive doesn't help you to get your message across.
- **Give them some time.** Parent(s) might have a strong reaction to what you're sharing. Try not to get discouraged if you don't get the exact response you were hoping for. Your parent(s) may need some time before they can respond in a more helpful way.
- **Take a pause.** If the conversation becomes unproductive, consider putting the conversation on hold. You can always try to talk with them again later when you've had some time to think.

If you've tried talking to your parent(s), and you feel it's not going well at all, think about approaching someone else. Reach out to another trusted adult or [Kids Help Phone Teen Site](#).

Not Ready To Reach Out Yet?

If you just don't feel ready to talk to anyone yet about what you're going through, here are some other things you can do.



Connect with Kids Help Phone.

Kids Help Phone isn't just for kids – counsellors are available **24 hours a day, 7 days a week** to support young adults with whatever they are going through. You can connect with us and we can talk through with you how to best support your friend, or you can recommend that your friend contact us.

- Encourage your friend to call Kids Help Phone **1-800-668-6868**. If they prefer, you can call Kids Help Phone together.
- If they don't seem ready to make a call they can [Ask Us Online](#)
- [Live Chat Counselling Pilot](#) is also available on a limited basis – Thursdays to Sundays from 6pm to 11pm EST.
- Stay connected on the go for free: [The Always There Mobile App](#)

Educate Yourself

Research and learn more about mental health, how you may be feeling and the types of treatments that are out there. Make sure you're using reliable sources.

Visit [Kids Help Phone's Info Booth](#) for topics such as: emotional health, dating, friends, family, bullying, the Internet, money, jobs and laws, etc.

Write To A Counsellor

Sometimes it's easier to write it out than to talk about it. How about asking an anonymous question or writing about how you're feeling in the ["Ask Us Online"](#) section of our website? The blue box above lists various ways of getting in touch with someone at Kids Help Phone.

Take Care Of Yourself

- **Do something that you love to do** – it could be sports or a hobby, watching your favourite movie or spending time with a pet
- **Write about your feelings in a journal**
- **Let off steam – walk it off**
- **Get a good night's sleep**
- **Hang out with friends**