WORKSHEET: TALKING TO YOUR LOVED ONES ABOUT MENTAL HEALTH

You deserve to have the support you need for your mental health. Speaking with loved ones can be a good first step. Use this worksheet to help you talk to your family about mental health

WHAT YOU CAN DO: Give yourself the space to feel first, then move toward finding a way to express your feelings. What feelings and thoughts are coming to mind for you right now? Name at least one important fact that you want someone in your life to know about your situation: **How do you best communicate?** (Check any of the boxes below) Verbally Through art ☐ In person ☐ Through music ☐ Through dance ☐ Through a phone call ☐ Through voice messages ☐ Through visual art ☐ Through facetime Through something else Through writing ☐ Through text ☐ Through a letter □ Through poetry Understand who you are most comfortable with. Consider which loved one you spend time with the most and who understands you when you need to be real. Name at least one person who has been supportive in your life in some manner and may be available in the near future to chat: Start with what you know, then ask questions for better understanding. Name at least one reason that you want to talk about this: When this conversation is done, what do you want out of the situation?

| What are some questions that might come up for you or the other person during this conversation? | |
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| What might this person need more informati Mental health How I am feeling How this affects us What to do next How to respond | tion about? (Check all that apply) Other: Other: |
| *TIP: Find resources on the information you no | need at mhanational.org |
| How do you think this person will respond? | |
| | |
| *TIP: If you feel that heightened emotions m writing out what you want to say ahead of tim | may get in the way of your discussion, consic me and giving it to the person you want to talk |
| | ay to help someone else feel more at ease who lect this information to the person you're talking |
| □ Connect back to their faith | □ Other: |
| □ Connect back to their community□ Connect back to their values | □ Other: |
| ☐ Connect back to their care and love for me | □ Other: |
| PUTTING IT ALL TOGETHER Look at your answers above and write out a to use additional sheets of paper as needed | a script here for what you want to say. Feel fr d. |
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*TIPS:

- Use "I feel..." statements to help you get your point across better
- Remember, it's okay to not know how to act or what to say. Learn to be okay with saying "I don't have all the words yet ..."

