

Youth Mental Health: Talk about it

Sometimes asking for help can feel overwhelming. You don't have to figure it out alone. Here are some simple steps to help you start the conversation.

Sometimes you might feel like you need help but don't know what to do.

If you're experiencing a challenge or need support in any way, reach out and start a conversation. It might feel difficult or overwhelming to open up about how you're feeling.

Here's a path for supporting yourself.

Reach out.

- 1. Choose someone you trust.**

Reach out to friend, family member or other support person in your life.

- 2. Share how you are doing.**

Try to be specific about how you feel and what you are struggling with.

- 3. We know it can be hard.**

Even if it's hard and you don't want to talk, it can help you feel less alone if you find someone to connect with who also cares about you.

Do you have supports? Make use of them.

- 1. Choose the right person.**

Look for someone who shows you they understand how difficult things might be for you. This could be someone who listens without judging or who checks in with you after your first conversation.

- 2. Can they share your experience?**

It can help to find someone who has gone through a similar situation and who feels comfortable sharing how they navigated their feelings and challenges. This could be a peer, older sibling, a mentor, or someone you connect with through a support group.

- 3. You can try again.**

If you take the first step and find the person isn't supportive (for example, if they're judgmental), try again with someone else. It's not a reflection of you – some people simply don't know how to respond in the moment, and that doesn't mean you don't deserve support.

- 4. Look for empathy.**

Try to find someone who provides empathy and support, rather than someone who downplays your feelings (for example, with statements like, "it isn't a big deal" or "get over it").



Can't find supports? Start here.

If you can't find someone to talk to, or you've tried and need more support, here are some other ideas:

1. Find your space.

Find a space to connect with other young people who might be going through similar things. Look for groups at your school, in the community or at a health centre near you. You can connect with a **Youth Wellness Hub** in your area.

2. Seek help.

Speak with a professional, like a counsellor or support worker.

3. Kids Help Phone.

Connect with Kids Help Phone, a 24/7 confidential and anonymous helpline. Call 1-800-866-6868 or text CONNECT 686868 to chat with a volunteer crisis responder.



Need help right now?

If you're having an emergency, or if you're thinking about self-harm or suicide, you need help now. **These are signs that you need to go to the emergency room.**

Call the **9-8-8: Suicide Crisis Helpline**. Available 24 hours a day, seven days a week by calling or texting 9-8-8 anywhere in Canada.

If you need an ambulance or other emergency vehicle to get you to the hospital, call 911. If you don't feel comfortable calling 911 yourself, ask someone you trust to call for you.

It can be difficult to have these conversations. Taking the first step and reaching out can make a difference in your life.

Youth Mental Health Resources

Interested in more youth mental health resources? [Visit the Toolkit.](#)

Youth and Mental Health 101

[This Mental Health 101 online tutorial](#) was developed specifically for youth.

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