

# WORRIED ABOUT A YOUNG PERSON'S MENTAL HEALTH?

## Listen

- Don't judge.
- Be patient. Give me time.
- Check with me to understand what I need.

## Reassure

- Let me know it's ok to feel like this.
- Don't panic if I share something upsetting.

## Validate

- Believe me and respect my feelings.
- Ask me what I think might help me, don't just tell me.

## Act

- Help me get more help if I need it.
- Be honest with me if you need to share information.

IT'S SO HARD TO TRUST ANYONE

I'M NOT READY

IT'S OVERWHELMING

I NEED HELP  
BUT I'M SCARED

CAN'T FIND THE WORDS

NO ONE BELIEVES  
ME ANYWAY

YOU DON'T NEED ALL THE ANSWERS  
**TO ASK IF WE'RE OK**

