



It's Okay To Talk About Anxiety and Depression

Conversation Starters for Teens

For more information

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CONCERN FOR FRIEND

How Do I Let A Friend Know I'm Concerned?

"I've noticed you haven't been acting like yourself lately. Is something going on? You know I'm here for you."

"It worries me to hear you talking like this. Let's talk to someone about it (a trusted adult)."

AS A FRIEND, BE SUPPORTIVE. YOU DON'T HAVE TO GO IT ALONE. SEEK OUT AN ADULT TO HELP.



CONCERN FOR SELF

How do I tell my Parent(s) / Friend / Teacher?

"Mom/Dad, I need to talk. I'm not even sure where to begin, but I'm struggling."

"Can I talk to you for a second? I've really been struggling."

DON'T WORRY ABOUT FINDING THE RIGHT WORDS. SPEAK WHAT'S WEIGHING ON YOUR MIND AND HEART.



CONCERN FROM A SOCIAL MEDIA POST

See something, say something.

Take it seriously. It's not a joke; it's a cry for help

Don't assume someone else saw it and is taking action

Tell a trusted adult: a Parent, Teacher, Coach, Counselor, Clergy

DON'T...

- Be afraid to talk about anxiety and depression's greatest consequence - SUICIDE.
- Leave your friend alone if he/she is suicidal.
- Say "Snap out of it" or "You'll get over it" or "Toughen up/Suck it up" or "You're fine. Don't be a drama queen."