

# Talk about it

Part of the series: “Things You Should Know About Mental Health”



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.

- Start a conversation with someone you trust: a friend, family member or other support person in your life.
- Share how you are doing. Try to be specific about how you feel and what you are struggling with.
- 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.

- Look for someone who shows you they understand how difficult things might be for you.
- 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.
- If you take the first step and find the person isn't supportive (for example, if they're judgmental), try again with someone else.
- 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:



- 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.
- Speak with a professional, like a counsellor or support worker.
- 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.
- Learn more and access resources at [www.camh.ca/GCResources](http://www.camh.ca/GCResources).

## Need help right now?

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

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.