



HOW ADULTS CAN SUPPORT US

Believe us. Listen without judgement.
Start these conversations early, and
make them part of everyday life, not
just a one-off.



WHAT HELPS US OPEN UP

We're more likely to open up when
we feel safe, listened to, and not
rushed. Give us time, space, and calm
support - not pressure.



INCLUSIVE, YOUTH LED SPACES

Mental health support
should adapt to us - not
the other way around.
Let us express ourselves
in different ways and be
heard on our terms.



LANGUAGE THAT MATTERS

The words you use
matter. Avoid casual
labels like "crazy" - we
prefer language that
respects and reflects our
experiences.



FAMILY, CULTURE & COMMUNITY

Talking about mental health isn't always easy in
every home or culture. Understanding these
barriers helps us feel less alone.

CREATING SAFE SPACES FOR MENTAL HEALTH CONVERSATIONS