



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.



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.

CREATING SAFE SPACES FOR MENTAL HEALTH CONVERSATIONS



FAMILY, CULTURE & COMMUNITY

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

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.



LANGUAGE THAT MATTERS

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