

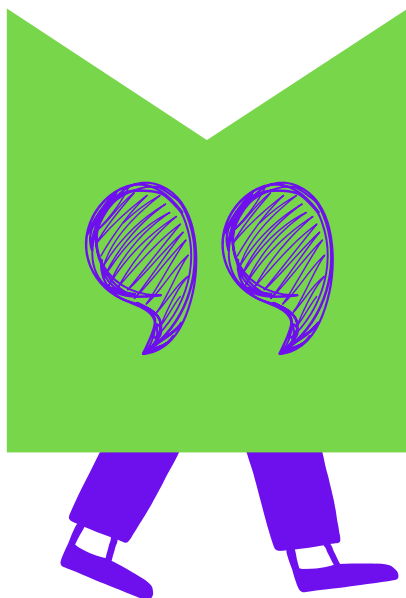
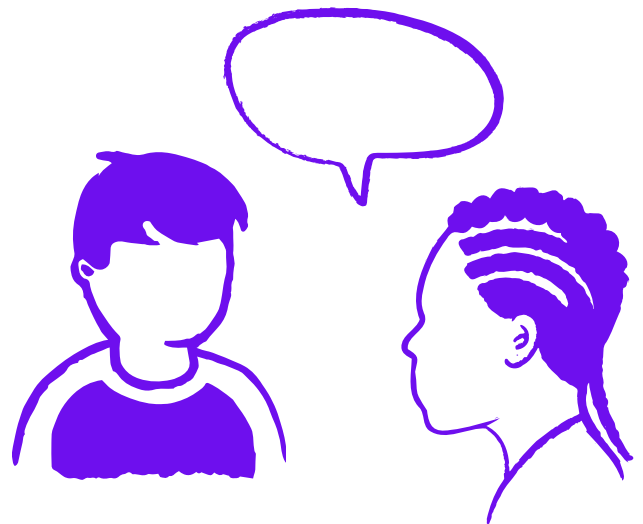
How to talk about your mental health



Talking can help your mental health. Here are 5 helpful questions to ask yourself before you open up.

1. WHO CAN I TALK TO?

Who do you trust and feel the most comfortable with? This might be a family member, friend or colleague. Or you may want to talk to someone you don't know, for example, through a support line.

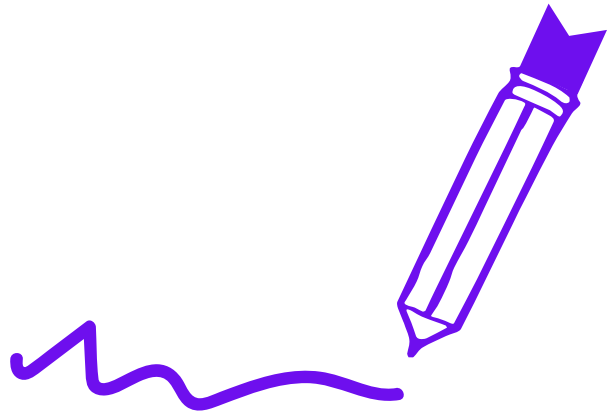


2. WHEN AND WHERE SHOULD WE TALK?

Make sure you're not rushing, and that you're in a place where you won't be interrupted. It might feel more comfortable sharing while doing an activity, like walking.

3. HOW DO I BEGIN?

Starting the conversation can be daunting. You could try practising your opening sentence if you're nervous. You could also try writing down your thoughts and feelings before you talk.



4. HOW MUCH DO I WANT TO SHARE?

You're in control of your story, so think about the level of detail you feel comfortable sharing. You can keep it brief or go deeper — whatever feels right for you.

5. WHAT IF THEY REACT POORLY?

They may react as you hope, but they may not, and this can be hard. Try to give them time to process, and more information if they need it. And don't forget to be kind to yourself and practise self-care.



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk/wmhd