



STARTING THE CONVERSATION: *Youth and Young Adults*



IEHP is here to help if you're struggling and need support. If you'd like to take steps on your own to support yourself, here are some things you can do.

Identify your feelings

Check in with yourself. Are you sad? Anxious? Angry? Checking in with your feelings can help in sharing with others.

Create a list of trusted people

This list can include:

- Friends
- Parents
- Siblings
- Trusted members of your church, team or workplace
- Other people you can safely reach out to and won't judge

These would be people who will take your phone call or meet with you. You don't have to spill your guts and tell them your every problem. Sometimes just spending time with a safe person who builds you up is all it takes.

Reach out

Once you've figured out who to talk to, reach out and keep trying. If the talk doesn't go as you hoped, try again.

Here are things you can say to get started:

- "I'm having a hard time, can we talk?"
- "I need to talk."
- "I have something tough to say, and I'd like you to listen."
- "I need help."
- "Can we talk about something important?"
- "I'm struggling, and I need your help."

Share

It can feel awkward to talk about your feelings and experiences, but don't downplay them. Your experiences are valid, and sharing is a great first step.

Try to ask for what you need, and if you don't know, that's okay. Here are examples of things you can say:

I don't want advice right now. I just need you to listen.

I'm not sure what to do. Can you help me figure out what comes next?

Find extra support

Therapists come in many titles such as psychologist, marriage and family therapist, counselor and so on. They can help with emotional issues like loneliness, rejection, feeling like a failure or just questioning things in your life.

You can also access counselors online and even through texting. In-person mental health care is strongly suggested, but that's not realistic for everyone because of insurance, transportation or even embarrassment.

If texting is a better option for you, you can reach a crisis counselor via the Crisis Text Line by texting **HOME** to **741741**.

Worried about someone?

If you or someone you know may be having thoughts of suicide or considering harming themselves or others, don't wait. Get help right away.

Call or text **988** for the 988 Suicide and Crisis Lifeline. You can also call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**.

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