

TALKING TIPS

Finding Our Path Together

It is **normal** to feel a little nervous or uncomfortable about having a conversation with your parent/trusted adult about your mental health. However, *telling a trusted adult about your experience can be an important step on the path to feeling better and getting needed support.*



Some ideas to consider when talking to a trusted adult...

- If you feel like you really cannot talk to your parent or guardian, **consider reaching out to another trusted adult** (like another relative, teacher, coach, youth advisor, school social worker/counselor, your doctor, etc.). These adults may be able to provide support and resources, while also helping you come up with a plan for talking with your parent or guardian.
- You may not know exactly what to say, or how to really describe your feelings....*and that is ok!* It may be helpful for you to **jot down some key thoughts, feelings, or facts ahead of the conversation** to keep you focused.
- Some teens find it helpful to **write out a letter explaining your thoughts and feelings**, which you can choose to read or give to your trusted adult to read before having a larger conversation.
- If possible, try to have an **in-person or telephone conversation** with a parent or other adult you feel comfortable with, in a **private or semi-private space** where you feel safe and able to freely express yourself.
- If the situation is not an emergency, you may want to **schedule a particular time to talk**, so the adult can be prepared for a conversation and free from distractions.
- Think about why you want to have the conversation and **communicate your needs clearly and directly** to the adult. Focus on:
 - **What do you want or need** from the adult? For example, do you want the adult to do something specific, like contact a doctor or talk with someone at school?
 - If the adult is not your parent or guardian, **would you like them to contact your parent** or help you figure out how to talk with them?
 - Keep in mind that some adults (teachers, doctors, social workers, counselors, etc.) may be required by law to tell your parents or another person about certain things if they are concerned about your safety. This is to **make sure you stay safe and healthy** and that you are connected with resources for help.



The Path 2 Purpose (P2P) study is a free, voluntary program focusing on the research of two different depression prevention programs for teens 13 - 19 who want to improve their mood and learn coping skills to manage difficult situations.



WWW.PATH2PURPOSE.INFO



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