

# WORKSHEET: TALKING TO YOUR LOVED ONES ABOUT MENTAL HEALTH

*You deserve to have the support you need for your mental health. Speaking with loved ones can be a good first step. Use this worksheet to help you talk to your family about mental health.*

## WHAT YOU CAN DO:

**Give yourself the space to feel first, then move toward finding a way to express your feelings.**

What feelings and thoughts are coming to mind for you right now?

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Name at least one important fact that you want someone in your life to know about your situation.

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**How do you best communicate?** (Check any of the boxes below)

Verbally

- In person
- Through a phone call
- Through voice messages
- Through facetime

Through art

- Through music
- Through dance
- Through visual art

Through writing

- Through text
- Through a letter
- Through poetry

Through something else

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Understand who you are most comfortable with. Consider which loved one you spend time with the most and who understands you when you need to be real.**

Name at least one person who has been supportive in your life in some manner and may be available in the near future to chat.

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**Start with what you know, then ask questions for better understanding.**

Name at least one reason that you want to talk about this.

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When this conversation is done, what do you want out of the situation?

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What are some questions that might come up for you or the other person during this conversation?

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What might this person need more information about? (Check all that apply)

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Mental health       | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> How I am feeling    | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> How this affects us | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> What to do next     | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> How to respond      |                                       |

\*TIP: Find resources on the information you need at [mhanational.org](http://mhanational.org)

**How do you think this person will respond?**

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\*TIP: If you feel that heightened emotions may get in the way of your discussion, consider writing out what you want to say ahead of time and giving it to the person you want to talk to.

**Finding common ground can be a good way to help someone else feel more at ease when talking. What are some ways you can connect this information to the person you're talking to?**

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Connect back to their faith                | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Connect back to their community            | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Connect back to their values               | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Connect back to their care and love for me | <input type="checkbox"/> Other: _____ |

## **PUTTING IT ALL TOGETHER**

Look at your answers above and write out a script here for what you want to say. Feel free to use additional sheets of paper as needed.

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\*TIPS:

- Use "I feel..." statements to help you get your point across better
- Remember, it's okay to not know how to act or what to say. Learn to be okay with saying "I don't have all the words yet ..."

