

# Let's Talk About Mental Health

Mental health is an important part of our overall well-being. Like physical health, it can change throughout our lives. Sometimes we feel good, and other times we may struggle. The more we talk openly about mental health, the easier it becomes to ask for help when we need it.

## Why Talk About Mental Health?

Talking openly about mental health helps break down harmful stigmas. These stigmas often stop people from getting the help they need. Honest conversations show others that mental health struggles are common and let people know they aren't alone. Asking for help isn't a weakness. It means you care about feeling better and improving your life.

## Tips for Talking About Mental Health

Talking about your feelings is good for your mental health. While starting a conversation can be hard, here are some tips that can help:

- Talk to someone you trust, like a friend or family member. You might also be more comfortable talking to someone you don't know, such as calling a support helpline.
- Choose a setting where you feel comfortable talking. Whether meeting in person or calling/texting, consider somewhere private and relaxing. Some people also find it easier to talk while moving, such as walking outside.
- Remember that conversations go both ways. The person you talk to may be worried or not fully understand at first. Try to give them time to process the conversation or share resources with them so they can better understand the next time you talk.

## How to Support Others

If you're worried about a friend or family member's mental health, it's good to check in with them and ask how they're feeling. Be patient and use respectful communication to create a safe space for them to open up. Let them know it's OK to talk about mental health by talking about your own struggles and sharing positive coping strategies that help you when you need it. Understand that they might not be ready to talk about their mental health with you. Let them know you're there for them and offer to share resources they might find helpful.

## Mental Health Resources

Everyone deserves mental health support when they need it. The more we talk about it, the more we can empower ourselves and others to prioritize mental well-being. If you want to talk to someone about your mental health, Seven Counties Services has caring and compassionate professionals available to listen and provide support. You can request an appointment online or call us at (502) 589-1100.



Seven Counties Services