



# Taking A Step, Asking For Help

## Talking To A Safe Adult



If you're worried about what your family may think or do if you tell them that you're worried about your mental health, it may be helpful to consider speaking to a safe adult. Having a support network of safe adults and friends can be extremely valuable to helping you work through things.

### TALKING TO A SAFE ADULT

If you're thinking of telling a safe adult about something you're struggling with, but are afraid of how they may react, here are some tips:

- **Rehearsing can be helpful.** Plan out the points you want to make and the words you'd like to use.
- **Pick a good time and place.** Try talking with them when it seems like they can give you their full attention.
- **Set the stage.** Let them know what you need of them while you talk. For example, "I have some things to say, and I'd really appreciate it if you wait until I'm finished to respond...OK?" [Continued on next page ►](#)

### Not ready to reach out yet?

If you just don't feel ready to talk to anyone yet about what you're going through, here are some other things you can do.

### CONNECT WITH KIDS HELP PHONE

If you need one-on-one time with someone who gets what's going on in your life, you can connect anonymously with Kids Help Phone. Our counsellors are available 24 hours a day, seven days a week to support you with whatever you're going through.



**CALL** Kids Help Phone at 1-800-668-6868.



**LIVE CHAT** at KidsHelpPhone.ca.



**TEXT** with a Crisis Responder at 686868.



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Talking To A Safe Adult (continued)

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- **Try and stay calm.** Becoming defensive or yelling can make it hard for the person to hear your point.
- **Don't get discouraged.** You may not get the exact response you were hoping for. Absorbing news and responding in a helpful way may take time.
- **Take a pause.** If the conversation becomes unproductive, consider putting it on hold. You can always try to talk with them again later when you've had some time to think.

If you've tried talking to various safe adults and you just aren't getting the support you need from them, it may be time to turn to someone else. Reach out to another safe adult or Kids Help Phone.

Remember, you're the expert in your life and your experiences, so keep searching for those safe adults who can be a part of your support network.

## TAKE CARE OF YOURSELF

- Do something that you love — it could be sports, a hobby, watching your favourite movie or spending time with a pet
- Write about your feelings in a journal
- Let off steam — walk it off
- Get a good night's sleep
- Hang out with friends

## LEARN MORE



Research and learn more about mental health and the help that is available.

Visit [KidsHelpPhone.ca](https://www.kidshelpphone.ca) for topics such as emotional well-being, relationships, bullying, school, family and more. Kids Help Phone's website has many resources that will help you learn about mental health.



If you're a young person who's struggling with a problem, big or small, you can always contact Kids Help Phone. We're free, anonymous, confidential and available 24/7.

1-800-668-6868

[KidsHelpPhone.ca](https://www.kidshelpphone.ca)

Download our free chat app.