

# START THE CONVERSATION

## Mental Health: Talking to Your Friends

It can be tough to talk about mental health, but the most important thing is letting the people you care about know you're there when they need you. To start the conversation, fill in the blanks below.

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Hey \_\_\_\_\_, do you have a minute to talk?

*PAUSE TO LISTEN...*

I've noticed that you haven't been yourself lately. We haven't been \_\_\_\_\_  
for \_\_\_\_\_.

How have you been feeling?

*PAUSE TO LISTEN...*

Is there anything going on at home, work, or school that you want to share? If so, I'm here to listen. If not, that's totally okay.

*PAUSE TO LISTEN...*

If they share, say, "That sounds really hard. I'm sorry you have to deal with that." If they don't want to share, say, "I get it."

If you want to talk more, I'm here. There are also some places where you can talk to someone for free if/when you're ready.

**Call or text 988 (the Suicide and Crisis Lifeline).**

**Text Friend to 62640 for the NAMI Teen & Young Adult HelpLine**

**The Trevor Project for LGBTQ+ teens and young adults: 1-866-488-7386**



FOR MORE WAYS TO START THE CONVERSATION  
ABOUT SUBSTANCE USE, VISIT  
[KNOWTHEDANGERS.COM/CHANGE-THE-OUTCOME-TOOLKIT](http://KNOWTHEDANGERS.COM/CHANGE-THE-OUTCOME-TOOLKIT)