

Let's Talk: Opening up about mental health

Talking about mental well-being can feel tough, but it gets easier with every conversation.



Talking about mental health can feel difficult, but it can be an important step toward feeling better. We have some tips to jumpstart conversations with your family, friends, or people in your community.

Talking about mental well-being starts here.

Here are a few ways you can start a conversation with someone you trust:

"I have been feeling really stressed, and I'm not sure how to handle it. Can I get your advice?"

"Lately, I've been struggling with my mood, and I'm not sure where to start. I just need to talk about it — is this a good time?"

"Sometimes, it feels like I'm dealing with a lot on my own. I could use someone to talk to — do you have a minute to talk?"

"I've been feeling kind of off lately. Have you ever felt like this? What helped you?"

"I think I just need to vent and get some stuff off my chest. Would you be open to just listening?"

"Life has been stressful for me lately. I'd really appreciate talking to someone who I think will get it. Do you have a few minutes to talk?"

Getting over common hurdles.

It's normal to feel hesitant or anxious, but it's worth it to take those steps to get help. Experiencing mental health challenges or seeking help doesn't mean there is something wrong with you. Asking for support is an act of strength, not weakness.

Many communities face real or perceived stigmas that can make asking for help more difficult. Turn the page to find some ways you can think about responding to stigmas you might have or encounter in your community.

Need immediate support?

Call or text 988, or chat at 988Colorado.com to connect with trained mental health specialists. Free. Confidential. 24/7.



Changing your mindset.

I should be able to handle my problems on my own.

- Everyone has challenges and needs support now and then. It's part of being human.

I don't want to be seen as weak.

- Seeking help takes strength and self-awareness. Being able to say, "I could use some support" is an act of courage and honesty.

I am worried about being judged.

- The right people will listen, not judge.

I can't afford therapy.

- Free and low-cost options exist — there is support for everyone.

I don't even know what's wrong, I just feel off.

- That is okay. Sometimes, just talking about it with someone else can help you make sense of things.

My problems are not that serious.

- Whatever challenges you face, you are worthy of support from others.

**You deserve support in spaces
that feel natural and safe.**



Find more helpful tips at LetsTalkCO.org