



## **Let's Talk: Opening up about mental well-being**

**Talking about mental well-being can feel tough, but one conversation can make a difference.**

Speaking up about mental health isn't always easy, but it's a powerful step toward feeling better. Here's how to start.

### **Start the conversation.**

**A simple check-in or open chat can help. Try these conversation starters.**

- "I've been feeling stressed and don't know how to handle it. Can I get your advice?"
- "Lately, I've been struggling with my mood. Can we talk?"
- "I just need to vent. Would you be open to listening?"
- "Life has been stressful. I'd appreciate talking to someone who gets it. Do you have a few minutes?"

**Small conversations can lead to big support.**



## **Changing your mindset.**

Feeling hesitant is normal — but taking the first step is worth it.

### **“I should handle this on my own.”**

→ Everyone needs support. It's part of being human.

### **“I don't want to seem weak.”**

→ Knowing you need support, and being willing to ask for it, is a sign of true strength.

### **“I'm worried about judgment.”**

→ The right people will listen, not judge.

### **“I can't afford therapy.”**

→ Free and low-cost options exist.

### **“I just feel off, but I don't know why.”**

→ That's okay. Talking can help.

## **Need immediate support?**

Call or text 988, or chat at [988Colorado.com](https://988Colorado.com) to connect with trained mental health specialists. Free. Confidential. 24/7.

**Your mental well-being matters. Reaching out is a brave and important step.**



Find more helpful tips at  
[LetsTalkCO.org](https://LetsTalkCO.org)

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