

We asked young people...

**“How would you like adults to talk to you about your mental health?”**

familysmart.ca

The following are their words put into an

**“Unfolding Conversation”**

**DON'T SAY...**

I hate feeling like this all the time



It will pass.



**SAY...**

I hate feeling like this all the time



Is there anything I can do to help you right now?



**DON'T SAY...**

Everyone else seems to be able to handle things, why can't I?



Stop feeling sorry for yourself, you're over-reacting.



**SAY...**

Everyone else seems to be able to handle things, why can't I?



I'm sure you're doing your best to handle things.  
Sometimes people face challenges that make life tougher.  
Would you like to talk more about this with me or someone else?



# “Unfolding Conversations”

Here's their

Are a big deal to young people, and it impacts their mental health

## Caring Connected Relationships



### DON'T SAY...

I can't deal with these feelings I'm so worried all the time.



There is nothing to worry about, you have such a great life. When I was your age ... You always make everything such a big deal.



### SAY...

I can't deal with these feelings I'm so worried all the time.



That sounds overwhelming. Maybe we can sit together and come up with ways to manage some of the things you are worried about.



### DON'T SAY...

Don't say things that are hurtful or judgemental they make me feel worse about myself.



Okay, but I was trying to get you to understand/listen. You were being unreasonable.



### SAY...

Don't say things that are hurtful or judgemental they make me feel worse about myself.



I am sorry that I made you feel that way. I shouldn't have said that.