



## DISCLOSING TO OTHERS

Tips for talking about your mental health  
[mhanational.org](http://mhanational.org)

For the past (amount of time),

I have been feeling (emotion)

I have struggled with (thought / feeling / behavior).

Telling you this makes me feel (emotion),

but I'm telling you this because (reason).

I would like to (action) and I need help.



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**Example:**

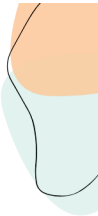
For the past few weeks, I have been feeling empty. I have struggled with weight loss and I don't enjoy being around people anymore.

Telling you this makes me feel nervous and embarrassed, but I'm telling you this because I'm worried about it and don't want to feel like this anymore.

I would like to talk to the guidance counselor and I need help. Will you go with me?



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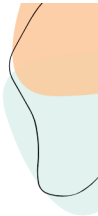
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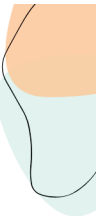
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