

# Talking About Your Mental Health

## How to Share With Confidence and Care

Opening up about your mental health can feel overwhelming. You may want support and understanding, but worry about being judged or misunderstood. The truth is: there is no “right” way or right number of people to tell. You are the expert on your own experience, and you get to decide what feels best for you.

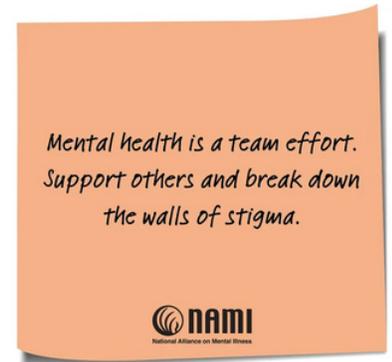


## Why Sharing Can Help

Even sharing with one person can make a meaningful difference.

### Talking with someone you trust can:

- Reduce stress and feelings of isolation
- Help you feel supported and understood
- Make it easier to ask for practical help
- Strengthen important relationships



## When You Might Choose to Share

### You may consider opening up when:

- You're feeling relatively stable and grounded
- It serves a purpose (seeking support, accommodations, or understanding)
- You feel emotionally ready
- You've had time to think through what you want to say

Practicing with a therapist, peer, or support group can help build confidence.

## Choosing Who to Tell

Not everyone knows how to offer emotional support and that's okay. Starting with one “safe” person can help you build trust and comfort.

### When deciding who to share with, consider:

- Who listens without judgment
- Who respects your boundaries
- Who shows empathy and care
- Who has supported you in the past





# How to Disclose Your Mental Health Condition

Talking about your mental health can feel intimidating, especially if you're worried about how someone might react. Planning ahead can help you feel more confident, grounded, and clear about what you want to share.

**While every conversation looks different, it can be helpful to think about it in three parts:**

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## 1. Set the Tone (“Process Talk”)

Begin by letting the other person know that you're about to share something meaningful to prepare them to listen with care and attention.

**You might say:**

- “I want to talk about something important, and I’d really appreciate you listening.”
  - “There’s something personal I’ve been wanting to share with you.”
  - “I trust you, and I wanted to open up about something that’s been on my mind.”
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## 2. Share What’s Going On

Next, describe your experience in a clear and honest way. You don’t need to share every detail, focus on what feels most important right now.

**Try using simple, concrete examples, such as:**

- “Lately, I’ve been feeling overwhelmed and exhausted most days.”
  - “I’ve been struggling with anxiety, and it’s been affecting my sleep and focus.”
  - “Some days it’s hard for me to find motivation, even for things I usually enjoy.”
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You can also share how long this has been happening and how it impacts your daily life. This helps the other person better understand your experience without feeling overwhelmed. Remember: you are in control of how much you share. It’s okay to take things slowly and open up over time.

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## 3. Ask for Support

After sharing, let the person know how they can best support you. Being specific makes it easier for others to show up for you in meaningful ways. People often want to help but may not know what you need unless you tell them.

**You might ask for:**

- Someone to listen without trying to “fix” things
- Occasional check-ins
- Help finding professional support
- Patience and understanding
- Encouragement during difficult moments

**Examples include:**

- “It would really help if you could just listen and be there for me.”
  - “Sometimes I’d appreciate a text to check in.”
  - “I’m thinking about getting professional help, and I’d love your support.”
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Starting this kind of conversation takes courage. By setting the tone, sharing honestly, and asking for support, you give yourself the chance to be heard, understood, and supported. Over time, these conversations can deepen trust, strengthen relationships, and remind you that you don’t have to navigate your mental health alone.