

CONVERSATION STARTERS



Pick the right person to confide in, the best approach for you, and the right time:

- A parent, other relative, teacher, and/or friend.
- A conversation is best but texting is better than not communicating at all.
- When there are no distractions (siblings, work, screens).
- Good opportunities to talk are during a car ride, before bed, or while on a walk.

Practice your opening line beforehand:

- I haven't been feeling like myself.
- I'm having a lot of trouble sleeping.
- Nothing feels fun anymore.
- I think I need help.

Remember that:

- The person you choose wants what's best for you.
- Don't be discouraged if they don't know what to say.
- Being honest helps you the most.
- If you know something they can do to help, tell them!