

What Do You Say?

When we're feeling sad, angry, or anxious, it can be hard to ask for help. We may worry that people will think we're weak or not trying hard enough to solve our problems. But every person is unique. We all have tough times, and no one knows *exactly* how someone else feels. Something that's pretty easy for

one person to handle may be a big challenge for another.

For things to get better, it's important to talk about them. Mental health is just as important as physical health. If a friend is troubled, don't keep a secret that's unsafe. Talk to a trusted adult for advice about the next step. What do *you* say when you or a friend needs help?



I'M SORRY TO HEAR THAT. DO YOU WANT TO TALK ABOUT IT?

OR
THAT SOUNDS TOUGH. WHAT CAN I DO THAT WOULD HELP?

Write what **you** would say:



BRO, YOU OKAY? WANT TO TALK?

OR
HEY, WHAT'S UP? LET'S HAVE LUNCH TOGETHER.

Write what **you** would say:



THANKS FOR ASKING. I'M WORRIED ABOUT SOME STUFF. CAN I TALK TO YOU ABOUT IT?

OR
I'M HAVING A HARD TIME, AND I DON'T KNOW WHAT TO DO. I THINK I NEED HELP.

Write what **you** would say: