FindYourWords.org

Let's talk about mental health

Your words have power. When you open up, you help break down stigma and empower others to reach out, seek support, and get better.

FindYourWords.org has everything you need to start the conversation, including what to look for, what to say and where to find help.

Learn the Signs

It can be hard to spot the signs or symptoms in someone else — even someone you're close with. After all, many people don't even recognize symptoms in themselves. But everyone should know what to look for — and speak up if they think something's wrong.

Be Open and Honest

There's no perfect way to respond when someone talks to you about depression or anxiety. Listening with an open mind can help them feel understood and supported. There are also simple things you can say to let them know you care about them and want to help.

Offer Your Support

You can't make their mental health challenges go away, but you can give support and hope. Reassure them that mental health conditions are common — and that help is available. Encourage them to check out available resources and connect to a care provider.

Explore more mental health information and support tools on **FindYourWords.org**



What you say can change everything.

For many people who are going through a challenging time, talking with someone they trust is the first step toward feeling better. That's why mental health is always a conversation worth having.

Visit **FindYourWords.org** to find more tools and resources.

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