

# HOW TO TALK TO YOUR CAREGIVER, LOVED ONE, FRIEND, FAMILY MEMBER ABOUT YOUR MENTAL HEALTH

**It can be hard to talk about mental and emotional health, especially with people close to you. These openers can help you share what you're experiencing in a way that feels right for you:**

- "I've been feeling different lately — not just physically, but emotionally too."
- "Can I share something that's been on my mind? I think it might help to talk."
- "Would you be open to helping me figure out how to bring this up with my doctor?"
- "This is a little hard to say, but I've been feeling down/stressed/anxious/worried more often. Would you be okay listening for a minute?"
- "I think stress and worry are starting to take a toll on me. I'm not looking for solutions, just someone to hear me out. Can we talk about it?"
- "Have you noticed any changes in me lately? I'm starting to wonder if something more is going on emotionally."

## Notes for myself

**Think about what you want to share:**

*How long have you been feeling this way? What kind of support would feel helpful?*

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