

Why Mental health matters!

A Strength for Youth & Families

Why This Conversation Matters

Mental health is connected to:

- Showing up to school or work
- Managing anger, anxiety, grief, trauma, and stress
- Healthy communication at home
- Motivation, confidence, and follow-through
- Asking for help before a crisis happens

**Bottom line: support is not a detour from success
— it can be part of the path.**



Let's Break the Myths

Therapy is NOT:

- Only for “crazy” people
- A punishment for bad behavior
- A place where parents get blamed
- A sign that faith, family, or strength failed

Therapy CAN BE:

- A private space to process
- A skill-building space
- A support for parenting
- A bridge to better choices and relationships

What Support Can Actually Improve

Common goals we can work on:

- Calming the body before anger takes over
- Naming feelings instead of acting them out
- Healing from grief, trauma, rejection, or violence
- Improving parent/child communication
- Building confidence for school, work, and leadership



Parents & Guardians: You Are the Bridge



Helpful phrases to use:

- “You do not have to carry this by yourself.”
- “Getting support is a mature step.”
- “I want to understand, not just correct.”
- “Let’s find someone safe to talk to.”

Parent move: replace shame with curiosity.

Young Adults: When Should You Speak Up?

Seek support when you notice:

- Stress, sadness, anger, or worry that will not let up
- Big changes in sleep, appetite, motivation, or focus
- Feeling numb, hopeless, trapped, or constantly on edge
- Grief, trauma, violence, bullying, or major life stress
- Thoughts of hurting yourself or not wanting to be here



Emergency note: if safety is at risk, tell a trusted adult immediately or call/text 988.

3-step plan

- Name one area where life feels heavy right now.
- Choose one safe person or professional to tell.
- Ask for a referral, appointment, or next step before leaving the event.

Support is strength.

**You are not weak because you need help.
You are wise when you choose support
before the weight becomes too heavy.**

**Challenge: Talk with a resource provider today, ask
about therapy or support groups, and take one next
step.**

