



From the voice of teens

Learn what to say to Make It OK

Talking about mental health and illnesses with teens and young adults can be hard.

It doesn't have to be.

What TO SAY:

- “The way you’re feeling is completely valid.”
- “I see you.”
- “I didn’t know you felt that way. I’m sorry.”
- “Thank you for trusting me and sharing this with me.”
- “I am always here for you when you need me.”
- “Can I help you find care and resources?”

What NOT TO SAY:

- “Grow up.”
- “You’re lazy.”
- “You’re just being dramatic.”
- “Stop exaggerating.”
- “You’re in control of your thoughts and feelings.”
- “Put down your phone. That will help.”
- “This happens to everyone.”
- “Just be thankful for what you have.”
- “You don’t have anything to worry about. Just worry about school.”

Words matter.

Be a supportive adult who teens and young adults can trust and rely on.

Learn more at **Make It .org**