



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**