

Getting the Right Start

You Are Not Alone **1 in 6 U.S.** youth aged 6-17 experience a mental health disorder each year.

Worried? Tell Someone

- Family member
- Close friend
- Teacher or professor
- Counselor or coach
- Faith leader

What to Say

- “I haven’t felt like myself lately, and I don’t know what to do. Can I talk to you about it?”
- “I’m worried about stuff that’s going on right now, do you have time to talk?”
- “I’m having a really hard time; will you go with me to see someone?”

What to Do

Getting help early can keep you on the right track.

1. Rule out other physical health conditions
2. Be honest about what you’re feeling and be clear about what you want
3. Ask for help finding a therapist or mental health professional that works for you

Keep in Mind

- It can take some time to get an appointment with a specialist, so do not wait.
- See if you can get an appointment sooner by asking or letting the specialist know if you are in crisis.
- While you wait, contact your local NAMI for additional supports and resources, including the NAMI HelpLine and support groups.

