

Getting the Right Start



**YOU ARE
NOT ALONE**

**ONE
= SIX**

**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.

