

## MENTAL HEALTH MYTHS

# ASKING FOR HELP

Many young people who could benefit from help for mental and emotional health issues such as **depression** or **anxiety** don't receive it. Mental and emotional health issues are often very treatable. Counselling, medications, community supports or a combination of these, can make a positive difference in a young person's overall well-being.

## Did You Know?

**Struggles with mental health aren't just part of growing up.**

**Mental health issues are often very treatable.** There are many options for help.

**Mental health issues are most successfully overcome** with the support of family, friends and professionals.

**Language matters.** For example, words like "crazy" are not helpful and filled with negative judgements and assumptions. These types of words discriminate against people experiencing mental and emotional health challenges and make it harder to reach out for help.

## Some of the reasons young people might not seek help:

**Feeling that reaching out for help will not make a difference** – they may feel that there is no chance of solving their problems.

**Believing they have to deal with what/how they are feeling alone.**

**Thinking that no one really cares.**

**Thinking that the way they are feeling is "normal,"** or a part of growing up.

**Being afraid** that seeking help means that they're "crazy".

**Feeling afraid they won't be heard.**

**Past experiences** of receiving a bad reaction when they opened up.

**Misunderstanding** around treatment or being on medications.



## Connect with Kids Help Phone.

Kids Help Phone isn't just for kids – counsellors are available **24 hours a day, 7 days a week** to support young adults with whatever they are going through. You can connect with us and we can talk through with you how to best support your friend, or you can recommend that your friend contact us.

- » Encourage your friend to call Kids Help Phone **1-800-668-6868**. If they prefer, you can call Kids Help Phone together.
- » If they don't seem ready to make a call they can [Ask Us Online](#)
- » **Live Chat Counselling Pilot** is also available on a limited basis – Thursdays to Sundays from 6pm to 11pm EST.
- » Stay connected on the go for free: [The Always There Mobile App](#)

## Finding Support

We can all benefit from having supportive people in our lives, especially when we are experiencing difficulties. Young people who are experiencing mental and emotional health challenges can benefit from support from multiple people in their lives, such as:

- » **Family and friends**
- » **Counsellor or therapist**
- » **School staff:** teachers, guidance counsellors and social workers
- » **People in your community:** like a coach or spiritual leader

## When in doubt try again:

**If you or someone you know has had an experience with mental health services that you didn't find helpful,** it's natural that you might not want to open up and go down that road again. It's often best though, to keep trying. You may have to try a few different services or counsellors before finding one that really fits for you.

**Try not to let a bad experience stop you from finding help.**

If you're not sure what's available to you, call us and we can help you locate services in your area: **1-800-668-6868**

KidsHelpPhone.ca  
1 800 668 6868

Kids Help Phone