

WHERE WE FEEL SAFE TO TALK



Family & Close Friends are #1

We open up most to people we trust in a non-judgmental environment.

School can be a safe space... with the right people.

Trusted teachers, counselors, and pastoral staff are key resources for some of us.

Anonymity provides safety.

Online platforms or anonymous forums offer a way to get help without feeling awkward.

HOW YOU CAN HELP (BEFORE A CRISIS)



Check in, even if we seem fine.

Regular, low-pressure check-ins and reassurance make a huge difference.

Create more opportunities to talk.

Provide anonymous platforms, open meetings, and dedicated quiet spaces in schools.

Remove the stigma.

Make it known that it's normal to have challenges and talk about mental health more.

WHAT STOPS US FROM ASKING FOR HELP?

The #1 Barrier: Fear of Judgment

We worry about being seen as overreacting, attention-seeking, or not "normal".

"I don't want to be a burden."

We often avoid talking so we don't create a hassle or worry others.

Fear of not being taken seriously.

We are scared that adults won't believe us or will dismiss our feelings.

THE SYSTEM IS TOO SLOW

Waiting lists are "ridiculous."

The long wait for services like CAMHS is a major and repeated complaint.

We "age out" before getting help.

Some wait so long they move to adult services without ever receiving youth support.

Communication from professionals is poor.

The process for moving from youth to adult services is often unclear and slow.