

## 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.