

*Language and
communicating with
family about mental
health*



As a child of immigrants, it can be difficult to communicate your feelings and thoughts. Most parents hold your best interest at heart, but language barriers and cultural differences can bring on additional obstacles in your relationship.

You are not alone if:

- You feel as if you can't speak about your emotions freely*
- You feel afraid of judgment*
- You feel as if your parents dismiss your feelings*
- Your parents respond with anger or frustration*

Remember, your feelings are valid, and you deserve to be heard!

Relationships take work – including family's! It's important to be patient and understanding, and to give your full attention when a family member shares something with you.




Checking in with one another, good listening skills and offering support are some ways you can let them know you care, even if you don't completely understand what they are going through!






Starting a Discussion about Mental Health

- *I have been worried/thinking about you. How are you?*
- *Last time we talked, you told me about _____. How did that go?*
- *Is there anything I can help you with?*
- *How can I support you?*
- *It seems like you are going through a tough time. How can I make things easier?*
- *I'm going through a tough time. Do you have time to talk?*



Other ways you can help

- *Offer to help find nearby/online mental health services*
 - *Spend quality time with family*
 - *Offer to help with chores, homework, etc.*
 - *Educate family about mental health*
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Uncomfortable in school?

Something bothering you?

Need to talk?

Virtual



Counselling

*Free immediate mental health counselling
for Asian youth ages 12 to 25 .*

Available in English, Cantonese, Mandarin.