

**SHOULD I TALK ABOUT IT?**



Life gets in your head.  
**What if talking about it could help?**

Addressing your what-ifs about talking to someone might  
be the right place to start.



## WHAT IF TALKING TO SOMEONE DOESN'T CHANGE ANYTHING?

Sometimes it feels like you're the only one who can understand what you're dealing with. But going through a tough time alone is never the answer. Your school staff will do everything in their power to help you – that's their job. They can also guide you to resources and services within your community that may be able to help.

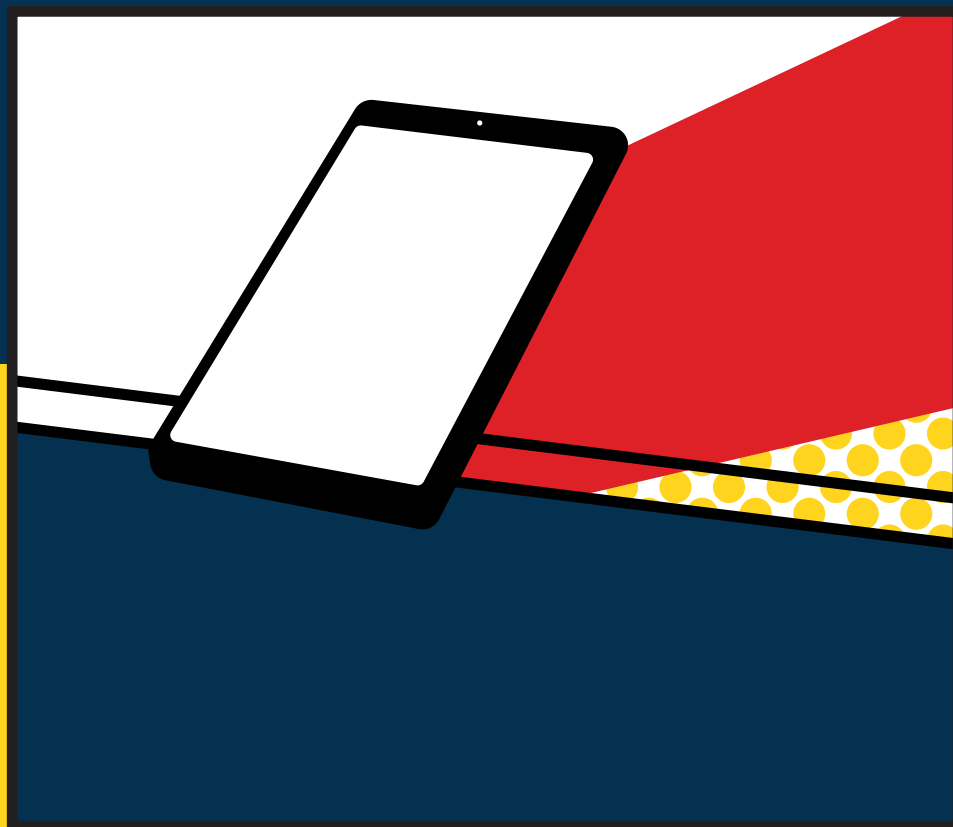
## WHAT IF THEY DON'T LISTEN OR CARE?

Your school staff members have offered to be there to listen when you need to talk. They will take any problem you have seriously and do whatever they can to help. They care about you and will work with you to get the help you need.



## WHAT IF THEY TELL ME MY CONCERN ISN'T SCHOOL-RELATED ENOUGH?

The support your school staff offers isn't only for school related issues. Your school staff members are also there to help support you through anything else you may be dealing with. They can give you advice on many things such as dealing with challenging relationships, gaining confidence, communicating with others, and managing anything else you are feeling.



## WHAT IF THEY DON'T UNDERSTAND WHAT I'M GOING THROUGH?

Your school staff has experience with students and may be more familiar with certain issues than you think. School counselors can be a great resource when it comes to understanding what is currently affecting students. Chances are, whatever you are going through, your school staff has seen it before. If they have not, they will do everything they can to guide you to resources within your community.



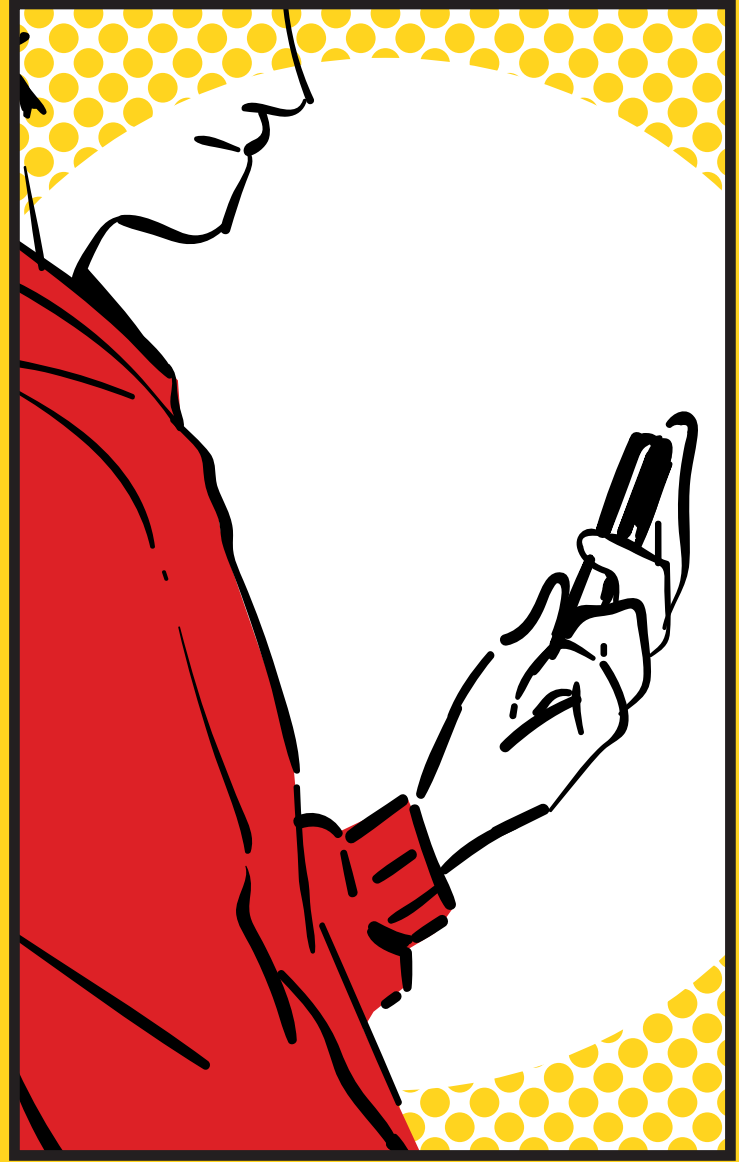
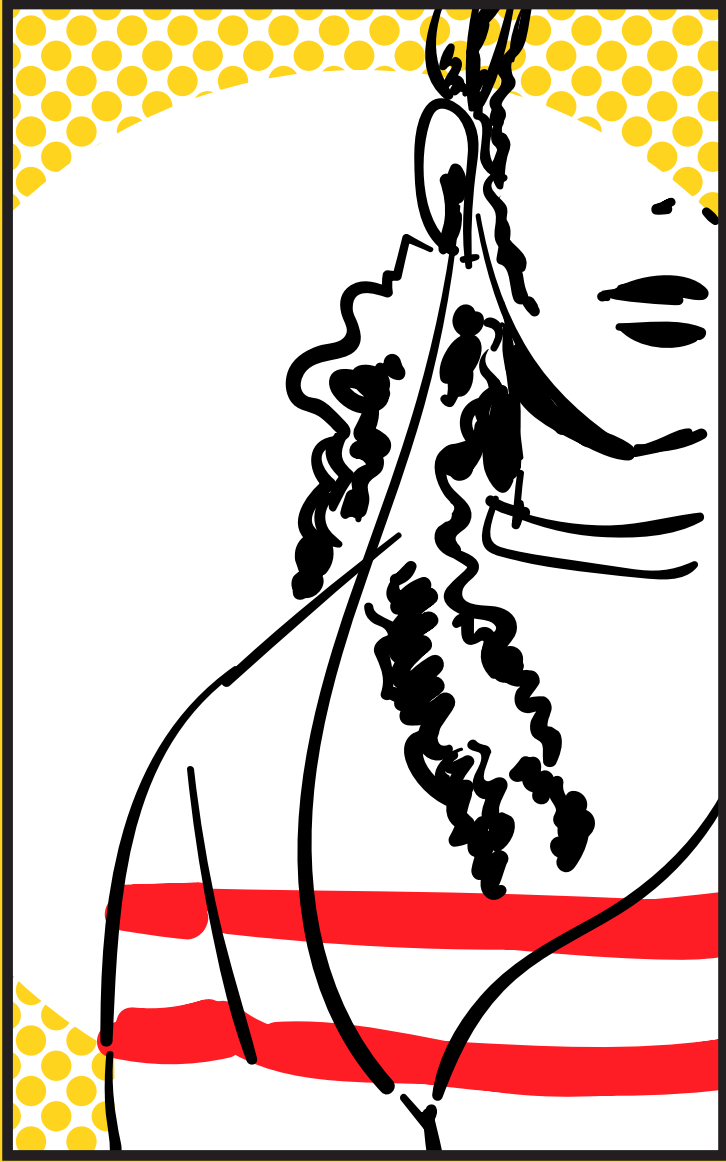
## WHAT IF WHAT I'M GOING THROUGH ISN'T A SERIOUS ENOUGH PROBLEM?

It's perfectly OK to talk to someone when you're feeling down. You don't have to have a major crisis to justify reaching out. Even if you don't know exactly what is bothering you, it may help to talk to someone as soon as you feel that something is off. Your school staff may be able to help you figure out what the problem is and give you advice and resources to get through it.

WHAT IF WHAT I TALK ABOUT  
DOESN'T STAY PRIVATE?

The conversation between you and your school staff member will stay confidential unless you have been harmed, are being harmed, or have intentions of harming yourself or somebody else. In these cases, your school staff member is legally required to share that information with the people who need to know to ensure your safety. Your school staff member will tell you what they are required to share, and you can tell them what you would prefer to keep private.





WHAT IF OTHER STUDENTS AND TEACHERS  
START TREATING ME DIFFERENTLY?

If you are nervous about getting treated differently, you don't have to let other students or teachers know that you are talking to someone. If you do choose to tell them, the school staff member you're speaking with can help you navigate that conversation. Your school staff will be there to help you if people are treating you differently.





# Talk to your school staff.

To identify qualified school staff members,  
look out for these markers.

