



**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.

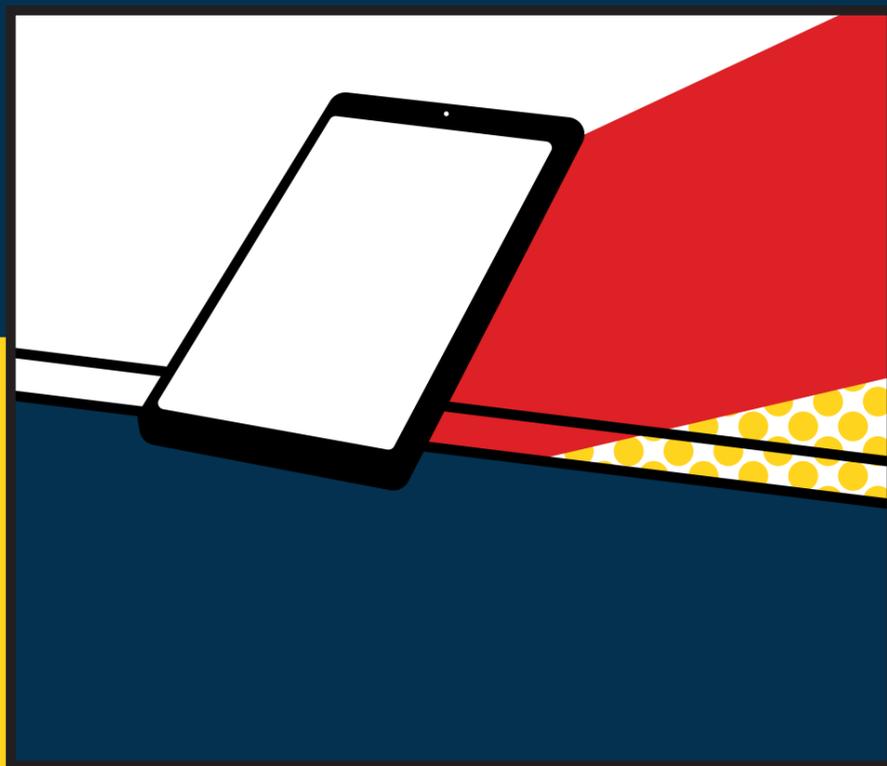
WHAT IF THEY DON'T LISTEN OR CARE?

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.

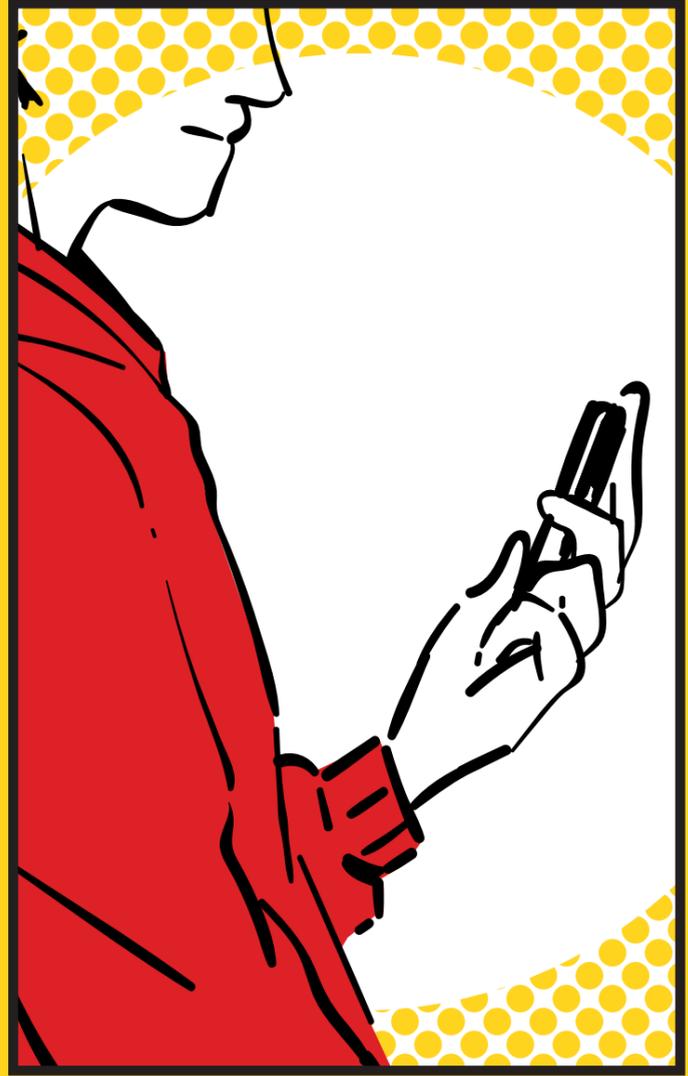
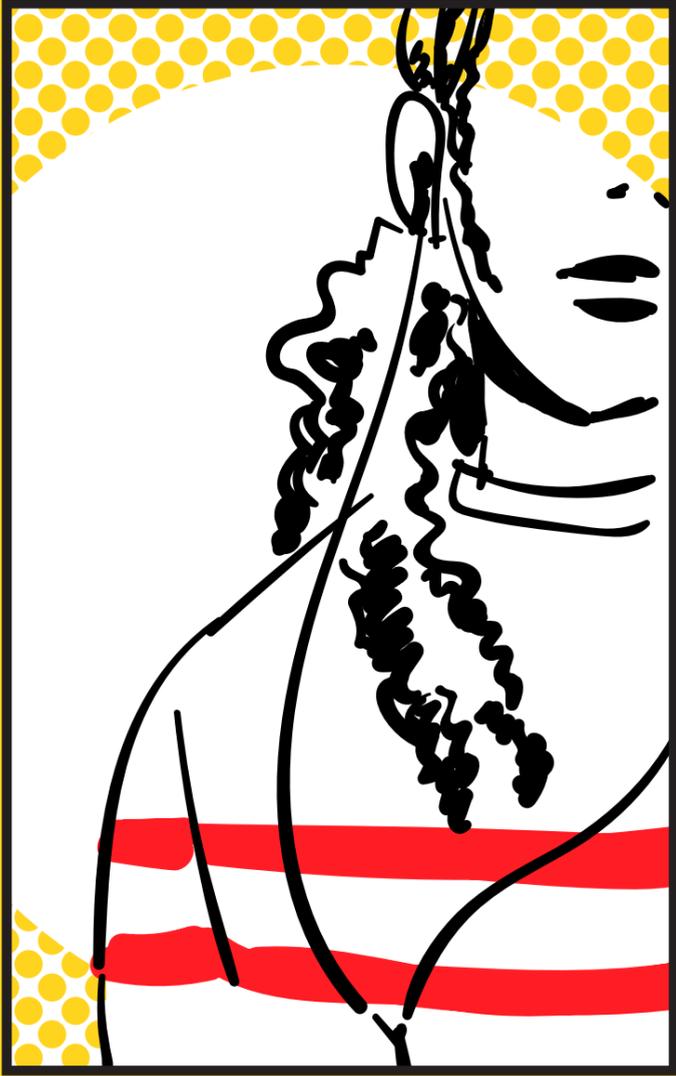
WHAT IF WHAT I TALK ABOUT DOESN'T STAY PRIVATE?

Staff members are there to support you and must report if you have been harmed, are being harmed, or have intentions of harming yourself or somebody else.

In these instances, your school staff member is legally required to share that information with the people who need to know to ensure your safety.

At any point in the conversation you can always ask the staff member you are speaking with to clarify what information will stay private and what information must be shared; it is your right as a student.





WHAT IF OTHER STUDENTS AND TEACHERS
START TREATING ME DIFFERENTLY?

If you feel your classmates or school staff are treating you differently, you can discuss this with the member(s) of your school staff that you're comfortable talking to.

You don't have to let other students or teachers know what you have shared and 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.



LetsTalkNYC.org

