



SHOULD THEY TALK TO ME?

Addressing your uncertainties will better prepare you
to help students with theirs.

HOW CAN I HELP WHEN I AM NOT A MENTAL HEALTH COUNSELOR?

Not all students need mental health counseling — sometimes they just want someone to listen without any judgment. Simply listening, showing that you understand, and offering compassion can go a long way. If you need suggestions on how to support a student, you can always consult your school counselors or leadership team.

Let's Talk will provide special training to equip you to respond to students' mental health concerns.





HOW CAN I HELP WHEN A STUDENT DISCLOSES SOMETHING I MAY NEED TO REPORT?

If a student discloses that they have been harmed, are currently being harmed, or may harm themselves or someone else, you will need to report it. Explain this to the student before they share anything with you. If you are not sure the disclosed information should be reported, consult your school counselors or leadership team. As part of **Let's Talk**, you will receive training to prepare you for situations like this.

HOW CAN I HELP WHEN I NEED TO INVOLVE A MENTAL HEALTH PROFESSIONAL?

If a student is dealing with something that requires the involvement of a mental health professional, you can still support them. By helping your students navigate available resources, you can play an important role in encouraging them to get help. Your school counselors or leadership team can help you find the appropriate services for students in need.





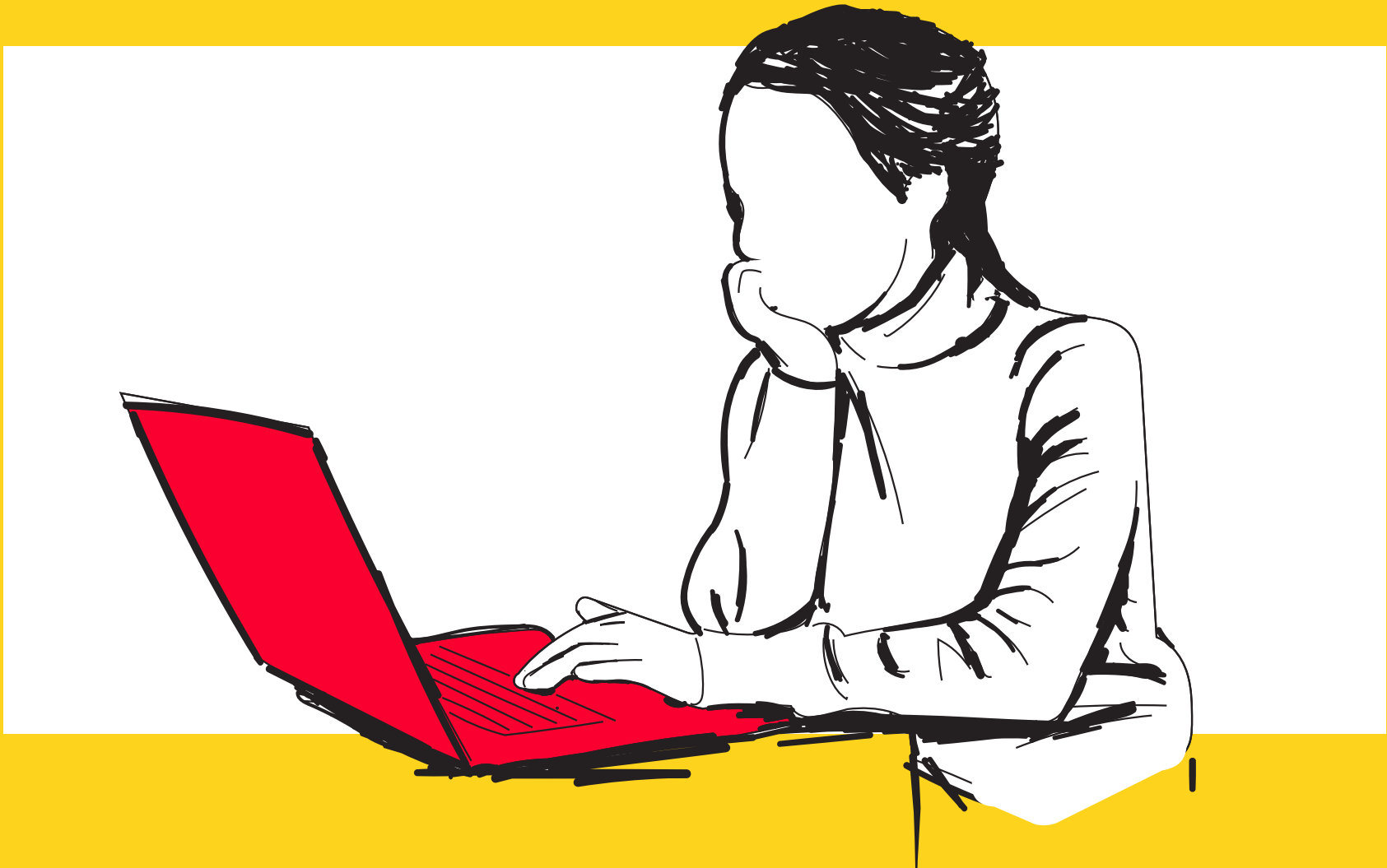
HOW CAN I HELP MAINTAIN MY NORMAL RELATIONSHIP WITH A STUDENT ONCE THEY HAVE CONFIDED IN ME?

Honor your student's trust and respect by only sharing information with other school staff if necessary. Have a conversation with your student to clarify what is confidential and what can be shared with others. Try to treat the student normally in everyday encounters. It helps to set boundaries with them at the start of your conversation and reiterate those boundaries over time.

HOW CAN I HELP STUDENTS SEE ME AS SOMEONE THEY CAN CONFIDE IN?

If you sense that a student may be dealing with something, go ahead and ask the student how they are feeling. Often students are waiting for someone to notice that something is wrong. Seeing that you noticed and care enough to ask how they are doing may make them feel more comfortable talking to you. If the student is not opening up to you, encourage them to talk to someone they trust.





Let's Talk will offer training to ensure you are prepared to appropriately respond to students seeking help.

You are there for them.

If you have other questions or concerns, reach out to your school counselors or leadership team.



Visit **LetsTalkNYC.org** today for more information.

