

SEEKING HELP

When is the right time to speak up?

When our quality of living is impacted or compromised (i.e. our ability to cope), it's time to speak up.

OBSERVATION

Note times in your life when you have noticed a decline in your own mental health (or others) which indicated that a conversation may be beneficial.

	Examples
When it's affecting day-to-day happiness	
When it's affecting relationships	
When it's affecting work	
When we are unsafe or in a crisis	

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JOURNAL

Think about an upcoming conversation you may have with someone to let them know how you're feeling. Is your preference to:

- A) Bring it up while you're with them; or
- B) Let them know ahead of time that you want to talk about something personal relating to your mental health?

Why do you think it's important that we don't dive straight in and open up to someone without first asking if they have the time/space to listen?

Note: It's also useful to speak up when we are in a good head space, to focus on what's working well, and help accrue savings in our mental health 'bank account' so that we can draw on these reserves and resources when times get tough.