



  
**Talking For  
Teens**

# Unfiltered

**Edition 1 | Helping Someone  
With Their Mental Health**

Free downloadable E-Book guides, for teens, for you.




# Welcome to Unfiltered

We all face challenges in life, but when someone you care about is struggling with their mental health, it can feel **overwhelming**.

You might wonder if you'll say the wrong thing or whether you can really make a difference. The truth is, **helping doesn't mean having all the answers. It just means being there for them.**





This edition is designed to guide you through recognising when someone might need support, how to start a conversation, and how to be there for them without losing yourself in the process.

You don't need to fix them—you just need to show them they're not alone.





# Section 1

## Recognising When Someone Is Struggling







# Signs Someone Might Need Support

Sometimes, people struggle with their mental health in ways that are hard to notice.


They might seem fine on the outside, but inside, they could be struggling.

Look for signs like these







# Signs Someone Might Need Support



They're **distant** or **withdrawn**. They might **cancel plans**, **avoid social situations**, or **isolate themselves** from friends and family.

They've **lost interest** in things they used to love. **Hobbies, sports, or activities** that once made them happy may no longer seem important.




Their **mood** has changed **drastically**. They could be **irritable**, **sad**, **anxious**, or show little emotion at all.







# Signs Someone Might Need Support



They talk negatively about themselves or life. Phrases like “I don’t matter” or “Nothing ever changes” are signs of distress.

They’re struggling with day-to-day life. Changes in sleep patterns, appetite, or energy levels can all indicate that someone is struggling.



They mention wanting to disappear or harm themselves. If someone expresses feelings of hopelessness or talks about self-harm or suicide, take it seriously.



# Signs Someone Might Need Support

If you notice any of these signs, it's  
important to check in with them.

A simple “How are you doing?” can  
be the first step toward helping.







# Section 2

## Starting the Conversation

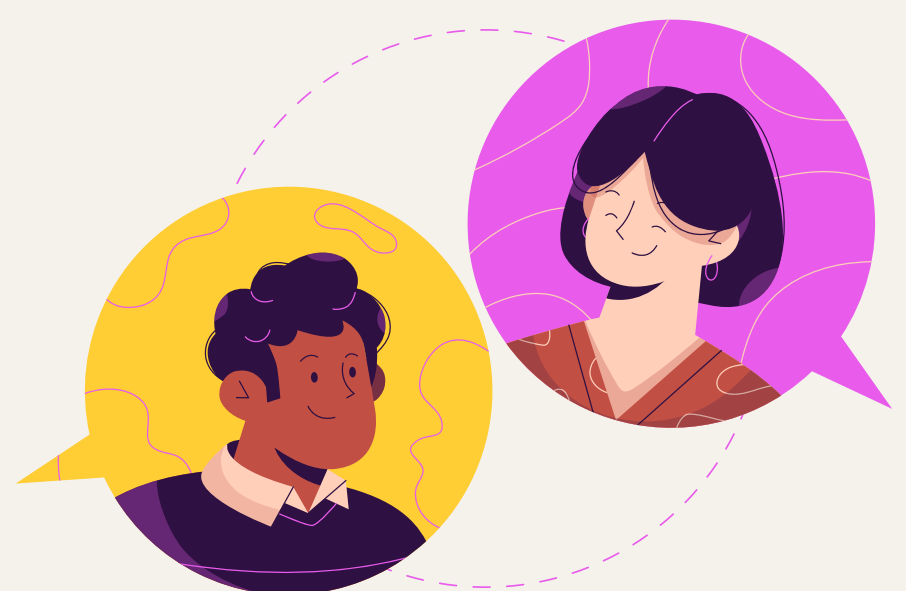


# Starting the conversation

Starting a conversation about mental health can be tough, but it's often the first step in offering help.

It might feel awkward or uncomfortable, especially if you're not sure what to say.

But remember, just showing that you care can mean the world to someone who's struggling.





# Starting the conversation

Instead of jumping straight into trying to solve the problem, start by expressing concern.

For example, you might say something like, “I’ve noticed you’ve seemed a little down lately. Want to talk about it?”

This way, you’re opening the door without pushing them into a conversation they might not be ready for.






It's important to make it clear that you're available whenever they're ready to talk.

Let them know, "I'm here if you ever want to talk, no pressure," or "You don't have to go through this alone."






It's also essential to avoid minimising their experience or making comparisons.

Telling them things like, “You’ll get over it” or “Other people have it worse” can invalidate their feelings.

Instead, try to understand that their experience is real, and what they’re going through matters, even if it doesn’t seem like a big deal to others. Avoid statements like “You’re just overthinking it,” which can make them feel dismissed.



If they don't want to talk right  
away, don't push.

Just reassure them that you're  
there when they're ready to share.







# Section 3

## Being There for Someone



It's important to remember that you don't have to be an expert in mental health to help.

Sometimes, the most helpful thing you can do is just listen. Show them that you care by being present and giving them the space to express themselves without judgment.

If they want to talk, just let them speak and validate their feelings.





Another way to show support is by  
regularly checking in with them.

A simple text like “How’s your day  
going?” or “Thinking of you” can  
make a big difference and let them  
know you’re there, even if they  
don’t want to talk at that moment.





Don't assume that everything is okay just because they're not saying anything—sometimes people stay quiet because they don't want to burden others, even though they're in pain.

If they're open to it, suggest doing something together.

Sometimes, getting out of their head for a while by doing something they enjoy can be a helpful distraction.

Maybe suggest going for a walk, watching a movie, or even just listening to music. This can help them relax, and just being around you can show them they're not alone.






One of the best things you can do is to encourage them to take care of themselves in healthy ways.

Mental health struggles can be draining, so it's important to find ways to cope.





Whether that's journaling, drawing, exercising, or something else that works for them, encourage them to engage in activities that help them process their emotions.

And always remind them that their feelings are valid and that they matter.





# Section 4

## Knowing Your Limits





## Knowing your limits

As much as you want to help, it's important to recognise that you can't "fix" someone's mental health.

You can't take on the responsibility of their recovery.

That's something only they can do, with the right professional support and personal effort.



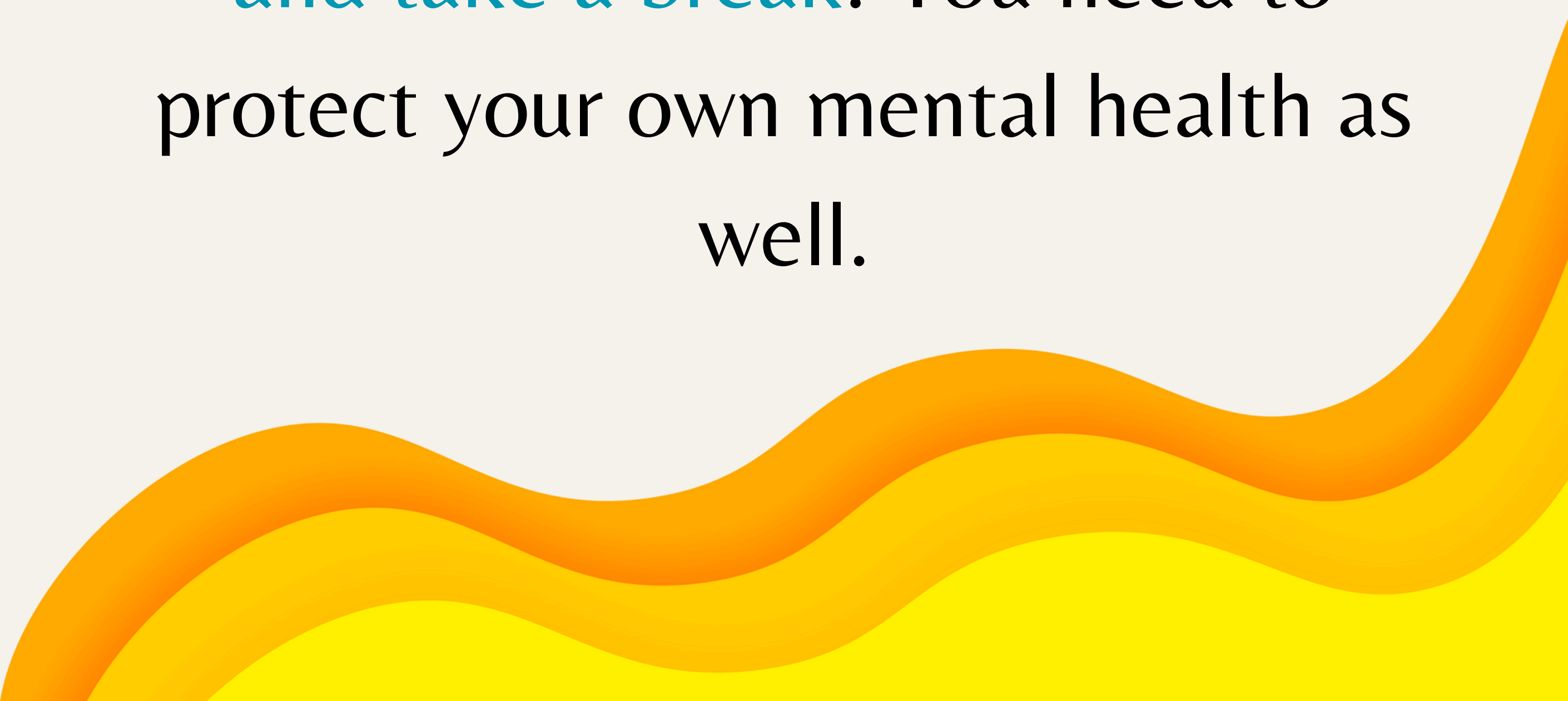


## Knowing your limits

While offering support is essential,  
don't forget to take care of yourself  
too.

Helping someone through a tough  
time can be emotionally exhausting,  
so it's crucial to set boundaries.

If you're feeling drained or  
overwhelmed, it's okay to step back  
and take a break. You need to  
protect your own mental health as  
well.



## Knowing your limits

Remember, **it's okay to say "no"** sometimes, especially if you feel like you're unable to offer the support that they need.

If you're feeling unsure about what to do next, **talk to someone else, like a trusted adult or counsellor, who can help guide you through it.**





# Section 5

If it's more  
serious

If it's more serious

If someone expresses feelings of hopelessness or mentions self-harm or suicide, these are serious warning signs that need immediate attention.

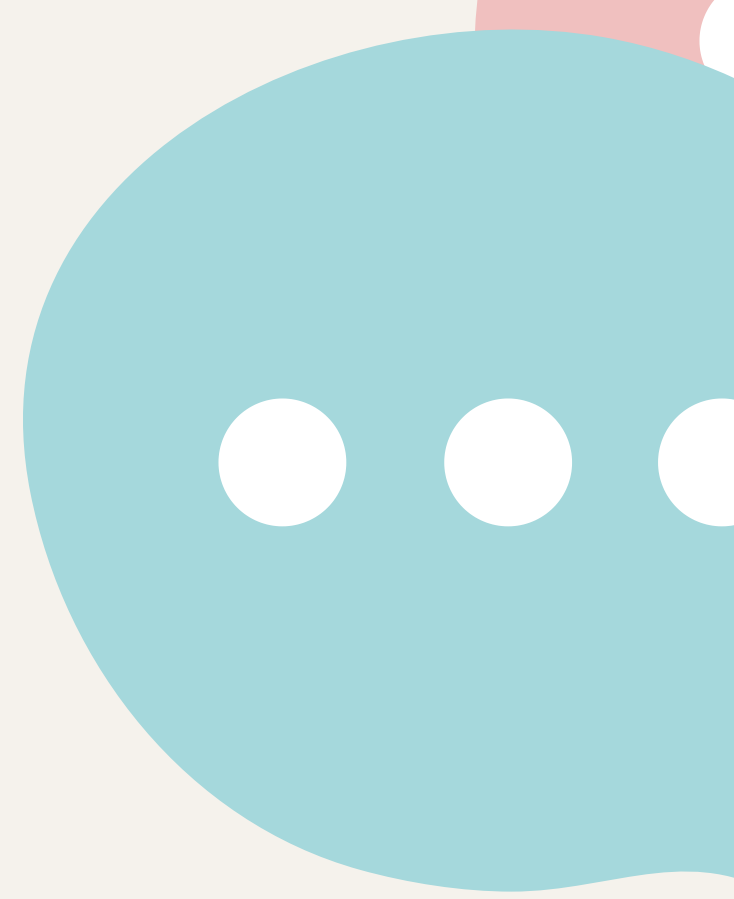
Don't try to handle it on your own.

Stay calm, listen carefully, and encourage them to seek help from a professional or a trusted adult.





If it's more serious



If they're in **immediate danger** or  
express intent to **harm themselves**,  
don't hesitate to **involve**  
**emergency services** or call a  
**helpline**.

Your role is to support them, but  
you're not expected to take on  
everything by yourself.



# Real Life Story





If it's more serious

“I didn't know what to do when my best friend started acting different.

She stopped showing up to hangouts and didn't seem to care about anything anymore.

One day, she said, ‘I don't belong here.’ It scared me, but I didn't know how to talk about it.

If it's more serious

“I thought maybe I'd say the wrong thing. But then I remembered reading something about how important it is to just ask if they're okay.

So I said, 'I've noticed you haven't seemed yourself lately. Want to talk about it?' And she opened up.

She had been struggling with depression for a while and didn't know how to ask for help.

If it's more serious

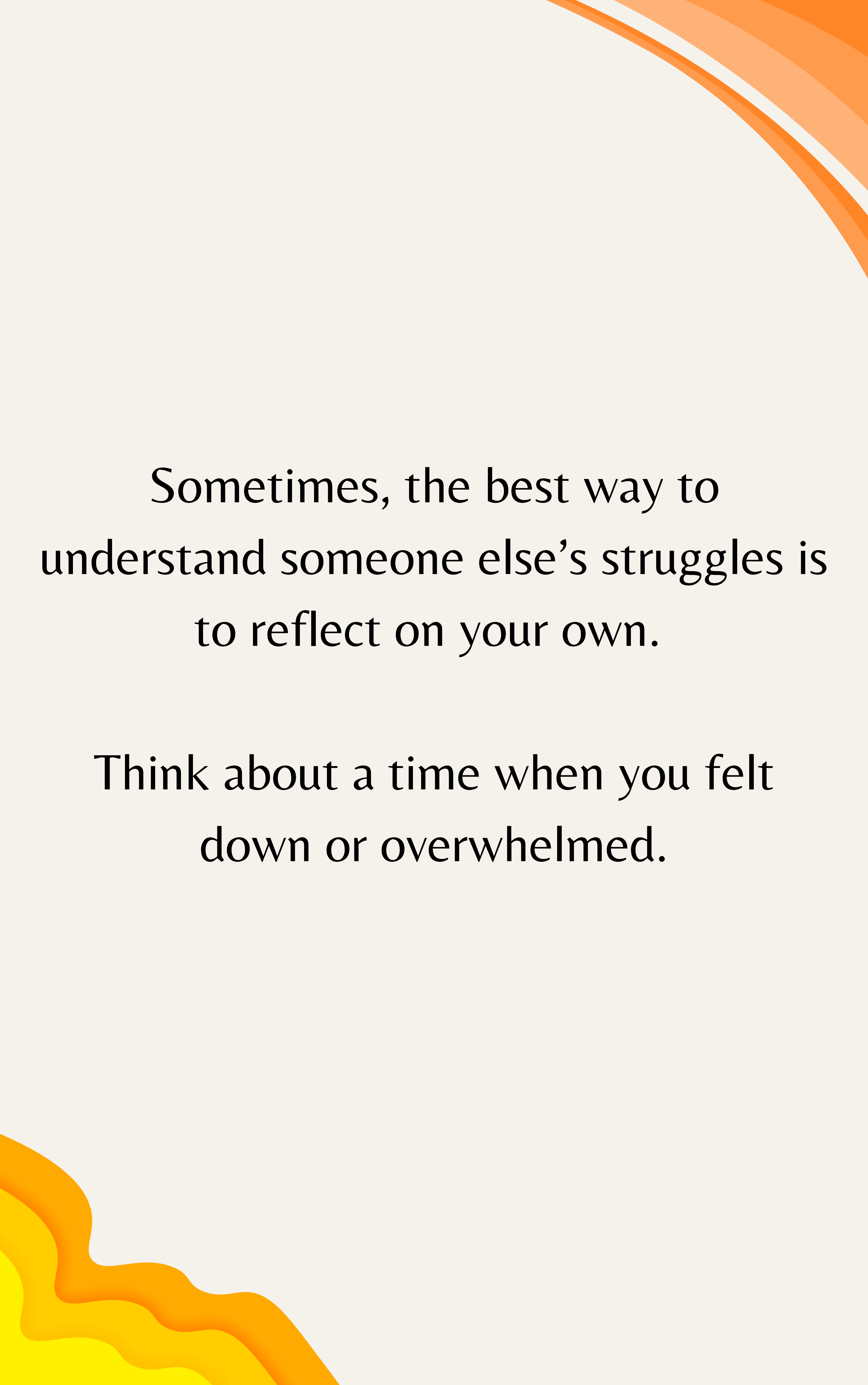
“That conversation changed everything.

I didn't have all the answers, but just being there for her made her feel less alone.”

Helping someone with their  
mental health isn't about having  
all the answers.

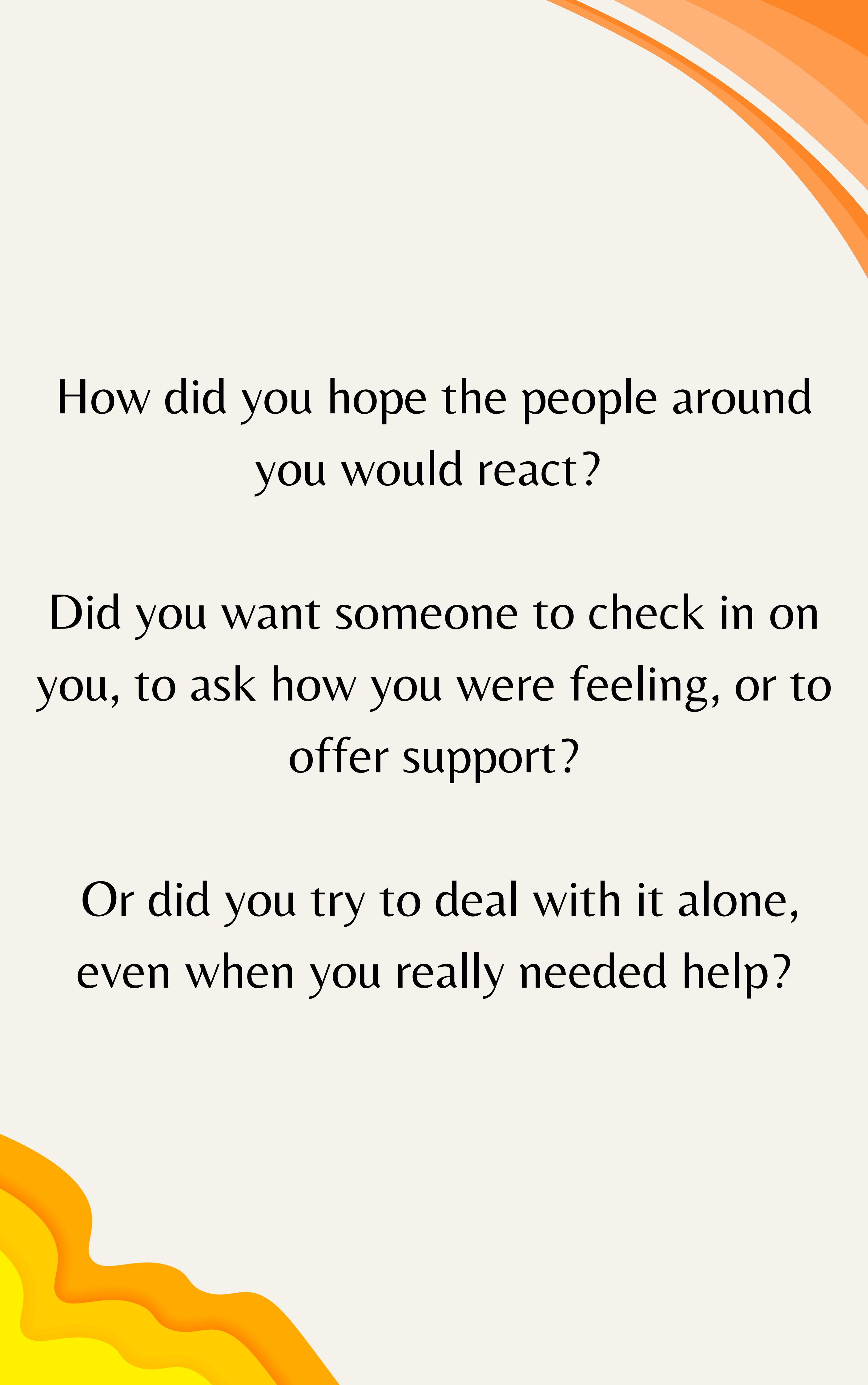
It's about showing up and  
listening, offering your support,  
and reminding them they don't  
have to face their struggles alone.





Sometimes, the best way to  
understand someone else's struggles is  
to reflect on your own.

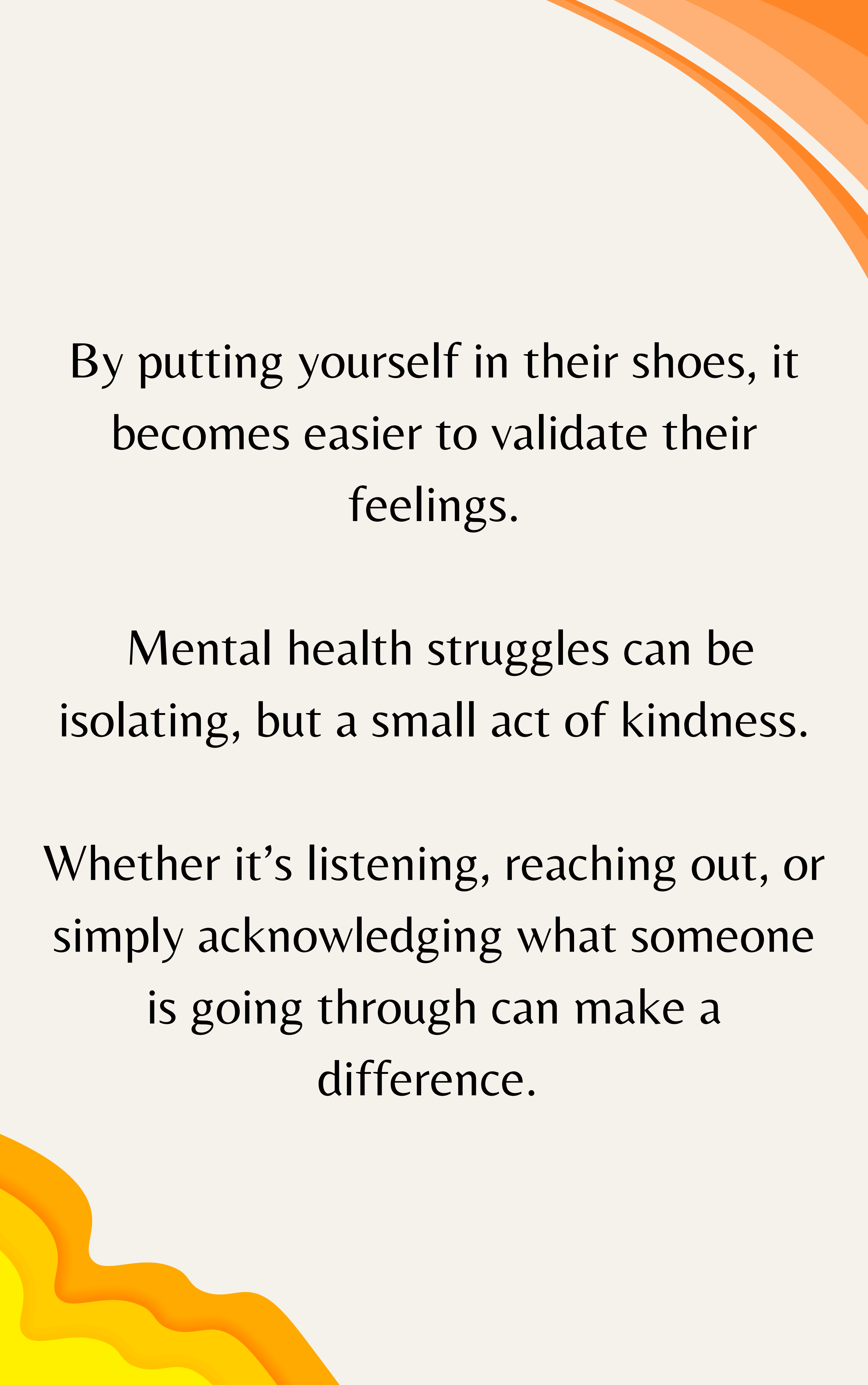
Think about a time when you felt  
down or overwhelmed.



How did you hope the people around  
you would react?

Did you want someone to check in on  
you, to ask how you were feeling, or to  
offer support?

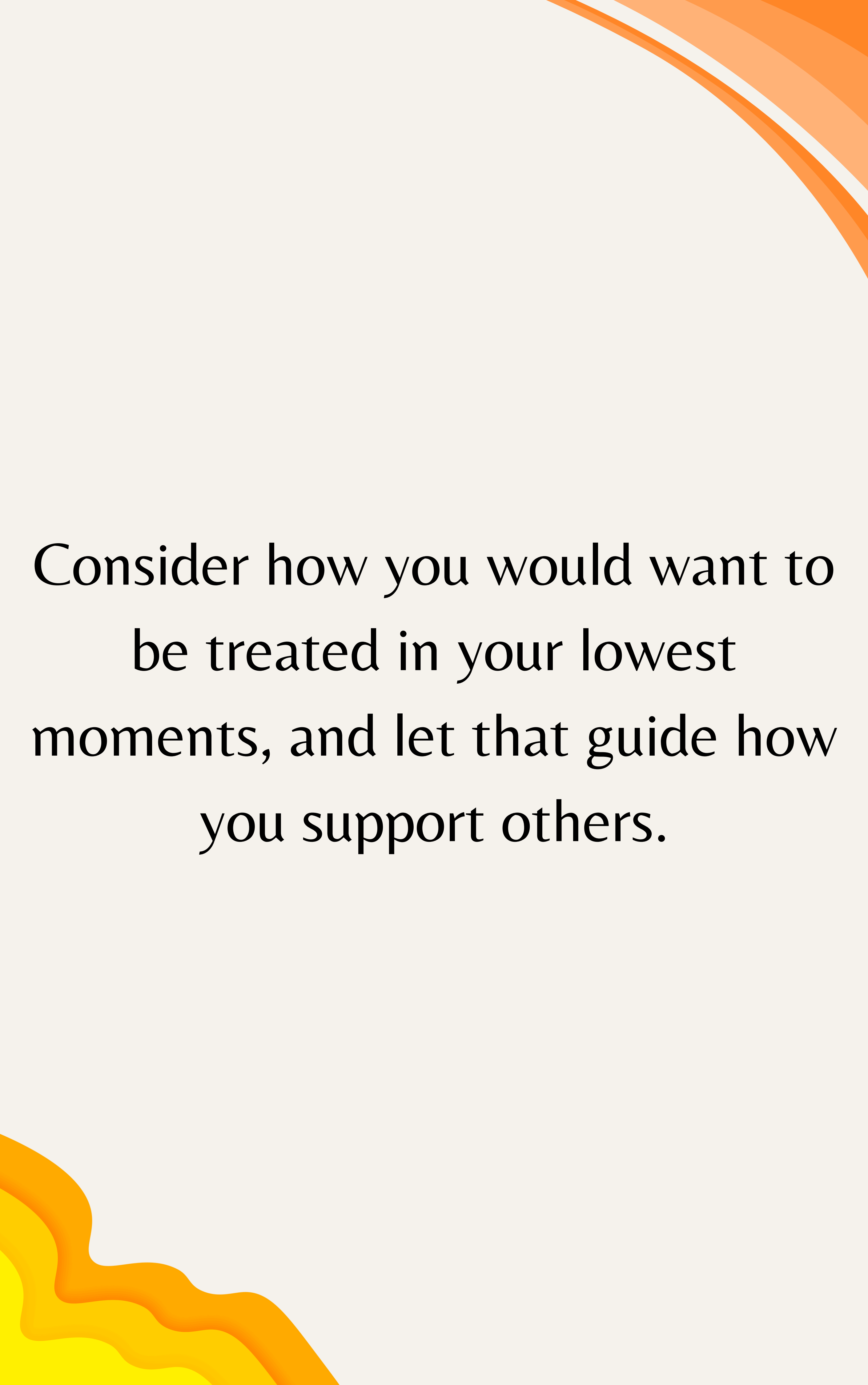
Or did you try to deal with it alone,  
even when you really needed help?



By putting yourself in their shoes, it  
becomes easier to validate their  
feelings.

Mental health struggles can be  
isolating, but a small act of kindness.

Whether it's listening, reaching out, or  
simply acknowledging what someone  
is going through can make a  
difference.



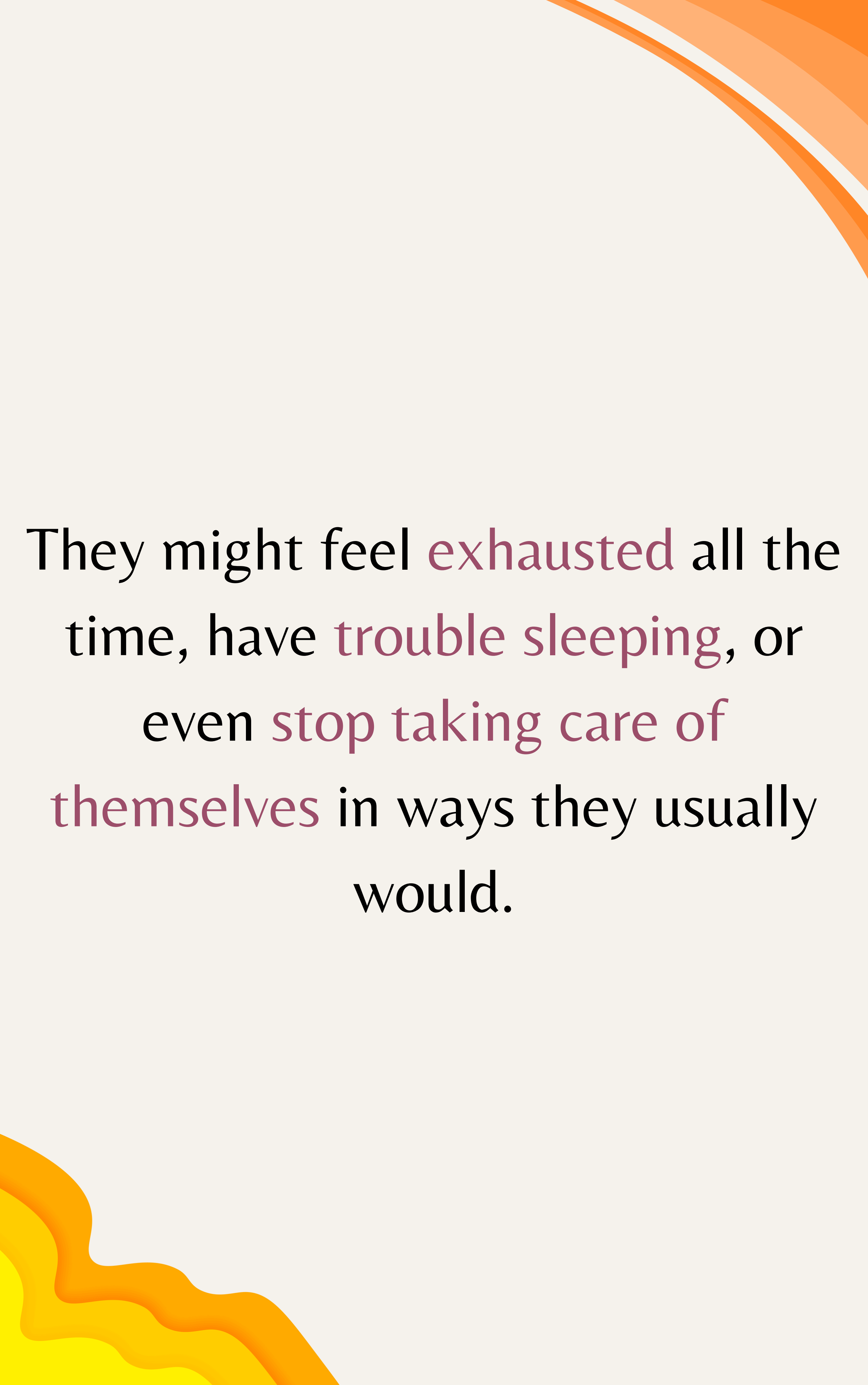
Consider how you would want to  
be treated in your lowest  
moments, and let that guide how  
you support others.



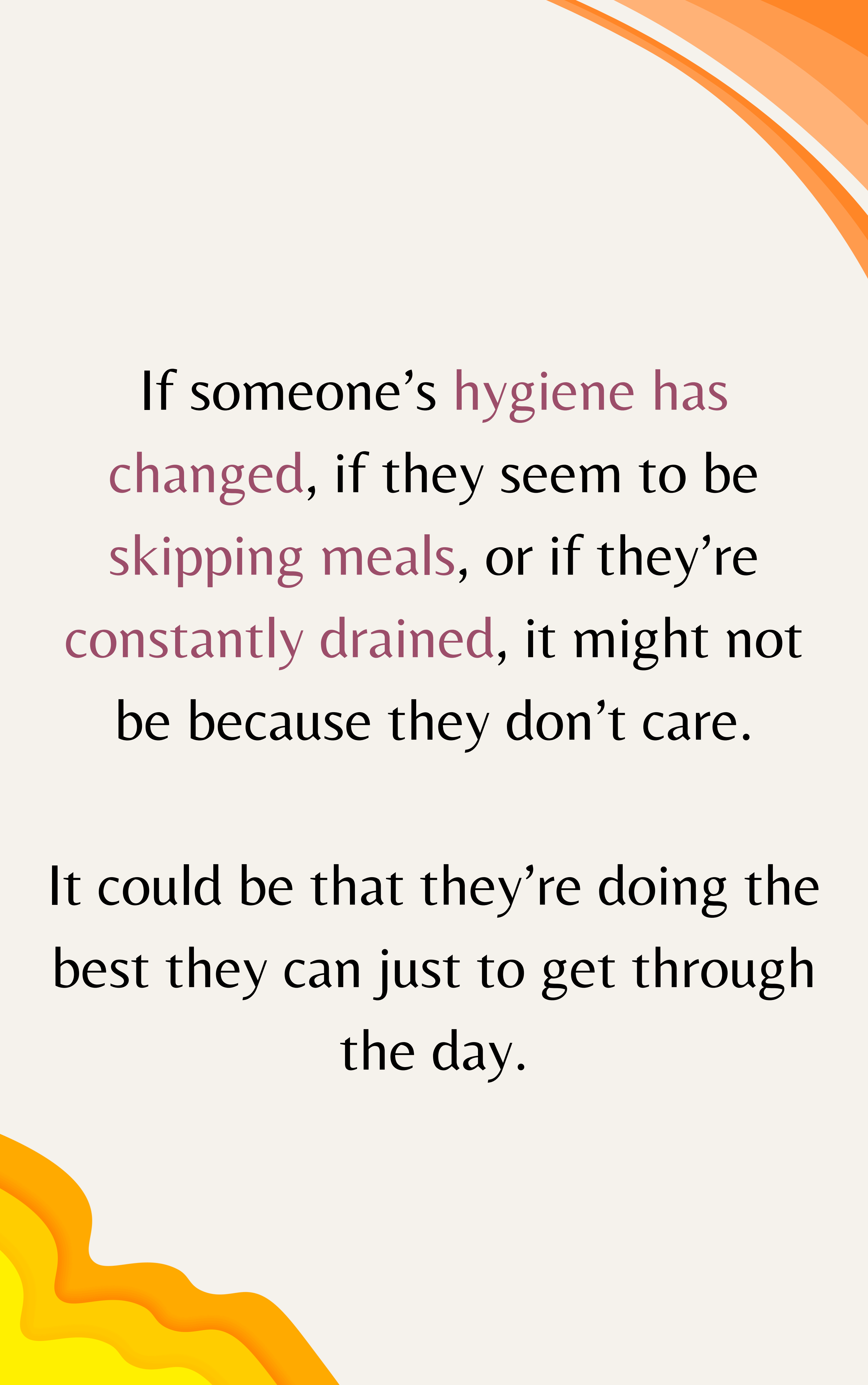
Mental health isn't just about emotions - it can affect the body, too.

When someone is struggling, their physical health may also start to decline.






They might feel exhausted all the time, have trouble sleeping, or even stop taking care of themselves in ways they usually would.




If someone's hygiene has changed, if they seem to be skipping meals, or if they're constantly drained, it might not be because they don't care.

It could be that they're doing the best they can just to get through the day.




Rather than judging, **try to understand**. Ask yourself: What's going on beneath the surface?

If someone's **appearance** or **habits** have **changed**, it **might** be a sign that they need extra support rather than criticism.








Mental health struggles are real, and they can have serious effects on a person's overall well-being.



# Statistics







For some people, hearing about  
mental health struggles isn't  
enough - they need to see the  
numbers to truly understand the  
impact.







Suicide is the second leading  
cause of death among people  
aged 15–29 worldwide.









Over 280 million people  
suffer from depression  
globally.







Approximately one in four  
young people experience a  
mental health condition, yet  
many don't receive the help  
they need.









These numbers aren't just  
statistics - they represent **real**  
**people**, **real struggles**, and **real**  
**lives** that **could be changed**  
**with the right support.**





The more we talk about  
mental health and break down  
the stigma, the more we can  
help those who are suffering in  
silence.



**Your actions, no matter how small they seem, can make a big difference in someone's life.**





**If you or someone you know  
is struggling, remember  
that help is available. No  
one should have to go  
through it alone.**







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Real Stories.  
Real Voices.  
***No Filters.***

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