What makes an adult someone to turn to about your mental health?

They are:

Open-minded

reflective, considerate and have good knowledge of the young person.



and know when to listen.





Comforting

with a calm tone of voice and the ability to manage their own reactions.

Observant

they **notice** the young person.

Supportive

and hold the emotions safely for the young person.

Big-hearted

with empathy, connection and a sense of calm.

Committed

they **stand alongside** the young person.

Reliable

honest with clear boundaries.



YOUNGMINDS

For more information visit youngminds.org.uk