

# Conversation Starters for Talking about Mental Health:

For Boys and Young Men

stem4  
supporting teenage mental health

'I've not been myself lately.'

'I've not been on top of the world recently. In fact I've been quite down.'

'Do you think you could help me find some help to be less stressed/ anxious/depressed?'

'I've been low in mood recently.'

'I've not been holding up that well under all the pressure I've been under.'

'I've been sleeping really badly recently because I've been overthinking. I think I need some professional support.'

'I'm not dealing well with (...) and would benefit from talking to someone. Do you think you might be able to help me find some names or tell me what I need to do?'