

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.



Patient

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.



Reliable

honest with clear boundaries.

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.

YOUNGMINDS

For more information visit [youngminds.org.uk](https://www.youngminds.org.uk)