



Sharing Your Story

Sharing your story around mental well-being is important in helping to end stigma and it's also important to understand why you are telling your story and how you will be supported. Use this checklist and spaces below before telling your story.

Step 1: Why am I telling this story? What do I hope to accomplish? Will my story inspire someone else? Will my story help bring about change in my school, family or community?

Step 2: What do I feel comfortable sharing? Think carefully about what you feel comfortable sharing with your classmates or other audiences about your own mental health experiences and whether it is helpful or harmful to share this information in certain situations.

Step 3: What more could your school, family, or other group do to support mental health issues? Based on your own individual experience, how do you think positive change around mental health can be achieved? What has been done well and where is there opportunity for improvement?

Step 4: Who needs to hear my story? Why do I think it needs to be shared in making change? Will my story reach them? If not, what other ways can I share to make it reach them?

Step 5: Where can I find support? In my experience, did someone help me in a memorable way? Can their actions be shared or improved upon to help create a culture change?

Once you've thought through these key components, it's time to start writing!