



# Family Talk

## Strategies to Start a Conversation on Mental Health in Asian Families

Understand that you **might not get the reaction you want** right away.

**Understand your parents'** background and culture, and why they think the way they do.

**Communicate through allies** — have a provider or respected elder/community member talk to your family.

Think about **small goals** you would like to achieve in the moment.

**Establish trust** and maintain daily rituals/conversations separate from the bigger issue. Address your mental health **little by little**.

**Use plain language** to describe your feelings and try to ease them into it. Divide the information you are trying to **communicate** into small bits.

**Letters or email** might be better for difficult issues than talking face-to-face.

**Give each other space.** Time out is important for everyone. **It's okay to say "no"** and reach back out when you're ready.

**Set limits.** Everyone needs to know what the rules are. A few good rules keep things clear.

**Take care of yourself first.** It's difficult to care for someone else if you're not taking care of yourself. It's important to recharge your own battery.