



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.