FOR YOU

Explaining this to people

Different people get different amounts of the story. That's not dishonesty — it's discretion.

WHAT I'M COMFORTABLE TELLING CLOSE FAMILY AND FRIENDS

WHAT I'M COMFORTABLE TELLING COWORKERS OR ACQUAINTANCES

WHAT I'M NOT READY TO SHARE WITH ANYONE YET

> **A SIMPLE VERSION, IF YOU NEED ONE**
>
> "I went through a hard time with my mental health and I'm getting the help I need." That's a complete sentence. You don't owe anyone the details behind it.

SOMEONE I'M STILL FIGURING OUT HOW TO TELL

NOTES