



JUSTTALK

# TALKING SHOWS STRENGTH

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We all have **mental health**.  
We should be able to talk  
about it in the same way we  
talk about **physical health**.

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**For more information visit:**  
[healthyyoungmindsinherts.org.uk/justtalk](http://healthyyoungmindsinherts.org.uk/justtalk)



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Ups and downs are a normal part of all of our lives. It shows strength to talk about how you're feeling when things are becoming tough.

Most boys and young men in Herts already think it's OK to talk about their mental health, but sometimes they aren't sure how to go about it.

Talking to people you trust and seeking help early means you are less likely to become unwell – if you keep putting it off it will probably get harder.

There is support available and we know it can really help you. Life is so busy and we spend a lot of time thinking about the things that worry us. It's also important to think about the things that make us feel happier.

When struggling, the most popular things that boys and young men in Hertfordshire do to cope and feel better include [physical activity and sport](#), [spending time with friends](#), [listening to music](#), and [video gaming](#). There are lots of other things you could try too.

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