

C A R E

ASK



Say something like:

"I get it if you don't want to talk to me. Is there someone else you'd prefer to talk to? I could suggest someone, or get you some information about places that can help."

Avoid sounding hurt or upset if a young person doesn't want to open up to you. Keep your tone calm and positive and show that you can still support them, even if they don't want to open up right away.