

# → WHERE TO START ←

## THINGS YOU CAN SAY WHEN YOU'RE NOT "FINE"

A simple "hello" is usually followed by "how are you" or "how have you been" – and most of the time the answer is "good" or "fine." But what if you're struggling? Here are some things you can say when you're not okay.

I'M NOT FINE	I WANT TO TALK ABOUT IT	I DON'T WANT TO TALK ABOUT IT
I'm actually going through some stuff.	Do you want to get coffee/lunch/dinner and chat later?	Thanks for asking, but I don't feel like going into detail.
Thanks for asking. _____ has been stressing me out lately.	Did you hear about _____ (something from the news that's bothering you)?	I appreciate that, I'm just not ready/don't have the time to talk right now.
I'm in my feels/I've got all the feels.	I'd love to get your advice about something.	I'm still trying to find the right words.
I'm having a day/It's been one of those days, well, weeks really.	Can I text you?	I'm not in a talking mood right now. Thanks, though.
I'm feeling some kind of way.	Want to take a walk with me?	I don't feel like talking, but I'll take a hug.
Ugh. I can't stop thinking about _____.	I need to vent.	I don't want to talk, but I don't want to be alone. Do you have time to just hang out for a bit?
Not so great, to be honest.	Do you have time to listen?	Can I come to you when I'm ready to talk?
On the struggle bus.	I'm having some issues with _____. Do you have time to talk?	I'm still thinking things through.
Feeling rough.	Can I bounce some thoughts off you?	Let's talk about _____ instead for now.
Today is not my day.	Have you ever felt like _____ (how you're feeling)?	I'll reach out when I'm ready.

Life can be challenging, but every day shouldn't feel hard or out of your control. If it does, there is hope and help. One free, private, and easy way to determine whether you are experiencing symptoms of a mental health condition is to take a mental health test at [mhascreening.org](https://mhascreening.org).

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org). You can also reach Crisis Text Line by texting HELLO to 741741.