



Tips & Strategies to Access Your Courage to Support Your Mental Health

Accepting our vulnerability and sharing it with others is perhaps the most challenging and courageous thing we can do. It can also hugely support our mental health.

- Name your fears to yourself. What are you scared of? Going towards difficult feelings and embracing them is a first step towards accepting our vulnerability. The feeling of courage is often the feeling of fear.
- Name your fears to someone else. Sharing our vulnerability—and asking for help if we need it—can help us feel connected and supported in what we need to do.
- Get clear. Think about your values and what’ really matters to you. What motivates you to act?
- Get clear on what action you need to take, and why. What is at stake if you don’t act?
- Look for inspiring examples. Courage is contagious. Support your own courage by looking for examples of people who have had the courage to address similar issues to yours.
- Think about what—and who—you love. What do you care about most? What drives you? Who are you acting on behalf of? This can include yourself.
- Practice re-telling your story to yourself with you as the hero. If you can start to think of yourself as a courageous person, it can help you act courageously—even when you don’t feel courageous inside.
- Make a list. Write down some examples of times you have felt courageous. What allowed you to access your courage in those moments?

If you are having thoughts about suicide or harming yourself, reach out. The following resources are available 24/7:

- **National Suicide Prevention Hotline: 1-800-273-TALK (8255) (English and Spanish)**
- **The Trevor Project: 1-866-488-7386 or text “START” to 678678**
- **Substance Abuse & Mental Health Services: 1-800-662-HELP (4357)**

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