



ACCESS & ADVOCATE:

Communicating about your behavioral health condition

Below you will find a list of pros and cons to communicating with your children and others about your behavioral health condition. These are just a few. Some may describe how you feel and some may not. Check off the ones that apply to you. Additional space is provided for you to enter your own ideas. Once you have made your own list, consider the questions below. This exercise should help you answer these questions about communicating with your children and others about your situation.

PROS	CONS
<input type="checkbox"/> I might feel less blamed.	<input type="checkbox"/> I might feel more shame or guilt
<input type="checkbox"/> If people understand me better they might have more compassion.	<input type="checkbox"/> Others may show compassion without truly understanding. I don't want pity.
<input type="checkbox"/> It would give people the opportunity to help me.	<input type="checkbox"/> My children may feel burdened by knowing I have an illness.
<input type="checkbox"/> Providing accurate information breaks down stereotypes and negative attitudes about behavioral health conditions.	<input type="checkbox"/> Hiding my behavioral health condition leaves me less vulnerable to stereotypes and stigma.
<input type="checkbox"/> I could make a plan for my children with family members for when I'm not doing well.	<input type="checkbox"/> People will be afraid of me, or for me, if they think I'm nuts.
<input type="checkbox"/> It would reduce my children's fear or guilt.	<input type="checkbox"/> My children might feel responsible.
<input type="checkbox"/> _____	<input type="checkbox"/> _____
