

When a young person isn't ready to talk

When a young person is more reluctant to disclose or discuss their self-harm, three important questions to consider are:

1. Who is the best person to have this conversation? You can use your knowledge of the young person, or ask them who they feel comfortable talking to.
2. How can you help the conversation flow? An informal environment or talking whilst carrying out another activity such as walking or drawing can really help.
3. Would another medium work better? Some young people feel happier talking via instant messenger, text or email – be creative and use your knowledge of the child.

“I tried several times to talk to him to no avail; it was only when I texted him that the conversation finally started.”

If a young person still isn't ready to open up, provide them with details of [anonymous sources of support](#) and regularly revisit the situation.

“The childline counsellor helped me get more comfortable talking about things and next time my teacher tried to talk to me, I felt ready.”