

Learning About You

Respect

Learning about you and your family helps me be a better support.
You can choose what you want me to know today about your...

- Ethnicity or cultural group
- Religion or spiritual beliefs
- Race
- Gender
- Sexual orientation
- Family history or values
- Other background or parts of who you are?



Discrimination (being treated unfairly because of how you look, or because you belong to a certain group) is common and has an impact on our mental health and well-being. If you are comfortable sharing:

- Is discrimination affecting your family's mental health?
- Does this cause or worsen the problems you are seeking treatment for?



I'm interested in your past experiences with mental health care...

- Have you or people you know had good or bad experiences with counseling?
- I can share how my care might be the same or different from that.

Because my background (like my race, gender, or life experiences) is different from yours...

- I might make a mistake, or say or do something that makes you feel misunderstood.
- If that happens, please tell me so I can fix it, and learn to do better. I am grateful for any feedback you give and appreciate anything you choose to share with me.



← For parents and caregivers who are interested, this QR code leads to online resources for helping youth cope with racism.

FAST & CBT+
2022