

Expressing the #ManySidesToMyStory

Are you ready to share the many sides to your story?

However you share your story is totally up to you! You may have a secret talent you don't show people, or an interest you've never shared with others because maybe you feared it wasn't "cool." Maybe you have a story to share to help support others who might be struggling with their story.

Whatever it is, we know sometimes it can be hard to find the words to get started. So here are [some words to help!](#)

Here are some examples:

- I may seem quiet to many around me, but I am often adventurous and spontaneous!!
- People have told me I am the most lively of my friends, but I often feel overwhelmed and sometimes prefer some quiet to calm down.
- I know I am friendly and connected with the people around me, but I can also feel lonely and misunderstood at times.

Need some more examples? Checkout **#ManySidesToMyStory** on social media to see what others have done or check out @SofiaWylie on TikTok to start!

Not ready to share your different sides or feelings? No problem! It's up to you what you share and when you share it. Consider creating a video of support for others instead.

If you are under the age of 18 and considering posting a TikTok, make sure to check in with your parent or guardian before you do!

Get support:

If you or someone you know is experiencing mental health challenges, don't feel afraid to reach out for help. There are people ready to support you through this tough time.

- **Teen Line:** 310-855-HOPE or 800-TLC-TEEN from 6 p.m. to 10 p.m. PST or text "TEEN" to 839863 between 6 p.m. – 9 p.m. PST for teen-to-teen education and support.
- **The Peer-Run Warm Line:** 855-845-7415 for peer-run non-emergency emotional support.
- **The Crisis Text Line** offers free, 24/7 support. Text EMM to 741741 to text confidentially with a trained counselor.

If you are feeling suicidal or if you are concerned about someone, there is help available right now. A trained counselor is ready to talk to you and provide help. **Call the National Suicide Prevention Lifeline at 800-273-8255.**