

How to Start a Mental Health Conversation

How to check in with your child:

- ➔ Choose a calm and private space to talk
- ➔ Use open-ended questions: "How have you been feeling lately?"
- ➔ Listen without judgment – validate their emotions
- ➔ Avoid minimizing their feelings or offering quick solutions
- ➔ Share your own experiences if appropriate
- ➔ Let them know support is available and they're not alone
- ➔ Encourage them to seek help if needed, at their own pace

Tip for Parents/Carers: A small check-in can make a big difference. Let your child know you're there for them.