



Let's talk about Mental Health

Why talk about Mental health with children and young people?



Importantly, we can also ask for help when we need support.

Calmly and confidently opening up conversations about mental health can encourage children and young people to understand that it is something we all have, that we should be aware of it and learn skills to look after it.



How can I talk to my child about Mental Health?



Find an appropriate time and relaxed place to have the conversation.



Sit on a low chair if you can – so there is less height difference and you will be more approachable.

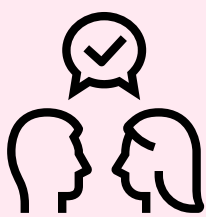


Listen carefully, be patient and give your full attention.



Take what they're saying seriously. Don't over-react but don't try to minimise what they are saying.

Check your body language so your child knows you are focusing on them.



Be calm and acknowledge their feelings.

Ask open questions to encourage them to talk.

Conversation starters

You don't seem your usual self today. Would you like to talk about anything?

You said something interesting earlier about how you felt when... How do you feel about it now?

You look sad/worried today. Do you want to have a chat about it/is there anything I can do to help?