

HOW YOU CAN SUPPORT AND ENCOURAGE YOUR CHILD TO TALK ABOUT THEIR MENTAL HEALTH



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Help to reduce the stigma attached to mental health



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Educate yourself about mental health



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Be aware of the language you use when talking about mental health



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Show care and compassion towards people



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Be a positive mental health role model



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Encourage your child to talk about their feelings/thoughts



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Set aside time each week to talk about mental health



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Help them to realise that it shows great strength to talk about our mental health



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Don't just focus on negative experiences. Identify strengths and good aspects



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Ask the right questions. Don't be too pushy



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Get the facts right about mental health problems



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Be there for your child. Support them through difficult times



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Respond in the right way when your child talks about feelings and thoughts

