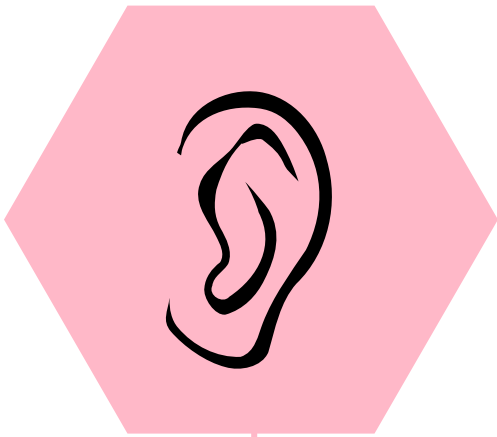


# 5 Tips for Researching Together



On some of our fact sheets, we advise young people to ask their guardian to 'research together' some mental health topics. Here are a few tips on how to do this with your young person.

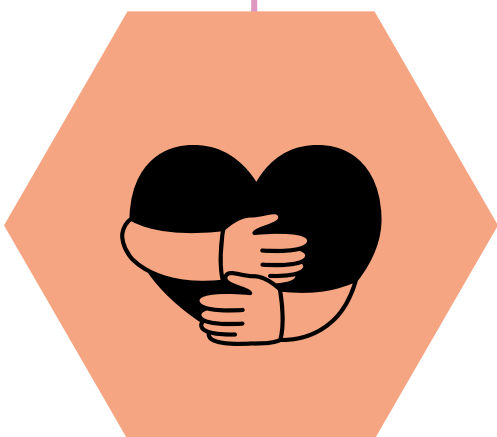
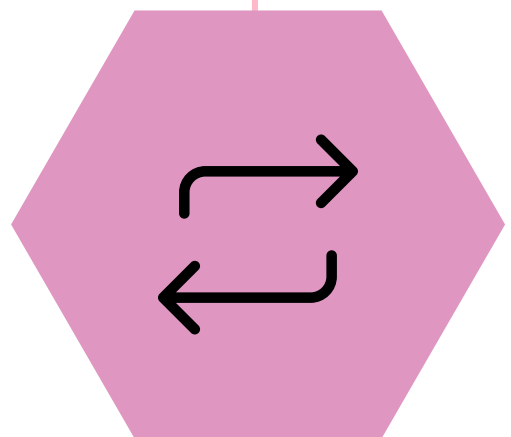


## Listen

Sit with the young person, giving them space to talk. Limit distractions and dedicate some time

## Adapt

- Adapt to techniques or coping strategies they respond best to
- Observe what seems to trigger them, for example exams or large social situations

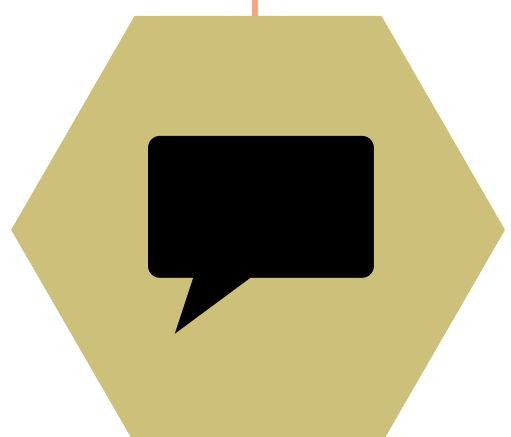


## Show Care

Show you care and that you're there to support them

## Behaviour

- Using open questions can show you care (check our Dos and Don'ts resource for ideas)
- Let them lead what they'd like to research together



## Reach Out

- Your own wellbeing is important in providing the best care to the young person.
- Asking for help when you need it sets a great example!