



CONVERSATION DO'S AND DON'TS

Some commonly used language can be loaded, and inadvertently close down a conversation. Here's a starter pack of Dos and Don'ts when discussing mental health with your young person.



DON'TS

"Don't worry"
"Don't be sad"
"It could be worse"

"I know how you feel"
"This happened to me, and I turned out okay!"

"You'll be fine"

DO'S

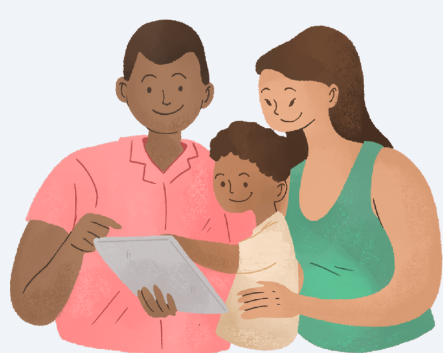
"Do you want to talk about it?"

"Can you describe how you're feeling?"
"Can you think of anything that makes you feel better?"

"How can I support you?"
"Let's try and find ways to help you"



Talking mental health with your young person



01

Practise expressing yourself

Activities like our Worry Jar or 'Self-Care Scrapbook' worksheet help children verbalise their feelings. This helps provide an open space for the young person to talk.

Set an Example

02

Children can learn by mirroring your behaviour. Expressing your emotions with the young person can prompt them to do the same and improve their awareness of their emotions. For example, discussing what has been stressful, about the day and how you responded.



03

Normalise Emotions

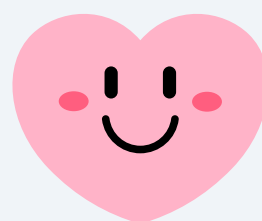
Discussing the range of emotions you feel helps remove the stigma around mental health. Our 'Explainer' resources can help explain why they're feeling as they do.



Self-Care

04

As a guardian, you may feel overwhelmed trying to help your young person. Looking after yourself is not only good for you, but is also good for them!



05

No Judgement

Providing a space where your young person can express themselves freely without worrying what you'll think is a key way to encourage them to open up.

