

Tips for parents

Promote mental wellness in your children/family

Create a safe space at home - maintain positive routines that include healthy meals and adequate rest.

Help your children develop strong, caring, and connected relationships - spend time regularly with your children and family.

Encourage your children to express their feelings - listen to and respect these feelings; stay calm. Reacting with anger, shock, or denial may stop the conversation before it starts.

Encourage your children's independence and confidence - show support for their ability to handle problems and new experiences.

Remember that you are the role model - consider your own coping skills and set a positive example; demonstrate mental wellness.

Start the conversation - talk to your children about mental health so they know you are open to talking about it.

See other side for conversation starters >

Start
the

conversation

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Preschool/Elementary School

- What can we do to keep our minds healthy?
- What was the best thing & worst thing about your day? How did it make you feel?
- Has anyone asked you to keep a secret that made you feel bad or uncomfortable?
- What makes you feel sad? What do you do to feel better?
- Which 3 grownups or adults could you tell anything to, and they would believe you?

What can we do to keep our minds healthy?

Middle School

- What do you do when you feel stressed or overwhelmed?
- What do you like most about yourself? What is one thing you would like to improve or do better?
- How would you handle a situation where you were being teased or bullied?
- Do you ever get sad or lonely? What do you do to feel better?
- What have you heard about suicide? What questions do you have about suicide?

Do you ever get sad or lonely?

High School

- Describe your idea of a totally stress-free day.
- What would you do if someone told you they wanted to die?
- If one of your friends were depressed, how would you know?
- Talk about a time when you witnessed someone being teased or bullied; how do you think it made them feel? What would you do if you saw someone being teased or bullied?
- How does social media affect your overall well-being? What would you say is the difference between the online you and the real you?

Describe a totally stress-free day