

Talking to your child about their mental health

Provide concrete
and clear
explanations of
their bad thoughts
and feelings

Children are familiar with
medical problems. Remind
them that bad thoughts and
feelings are similar. It is okay
to get support to feel better
(just like going to the doctor
for a cold).

Listen &
validate

Include other family
members in
conversations to
reduce shame and
stigma

Teach them about
self care:

- healthy diet
- exercise and
movement
- good sleep

Do NOT shy
away from
suicide

Visit the National
Alliance on Mental
Illness for more
resources

Read Children's
books about mental
health issues
together to create a
dialogue

