

talking to your child or teen about mental health

our minds
matter



normalize talking about mental health

Talk about your feelings and how you're doing as a regular part of your day. Just like you talk about school or getting a cold, talking about emotions (good or bad) can help your child feel more comfortable sharing when they need to.



show you care and be there

Remember that your child knows their own feelings best. It's really important for kids and teens to feel heard, understood, and believed. Try to listen without judging them or jumping in to fix the problem. Even if you don't agree with how they see things or think the problem isn't a "big deal," just letting them talk and feel understood can make a big difference.



be mindful of your own feelings

Talking about mental health can be stressful for both you and your child. It is normal to feel angry, scared, or guilty when your child or teen is facing a mental health challenge. Be honest about needing to take a break or use a coping strategy to avoid letting your emotions take over the situation.



be ready to learn

If your child or teen brings up a mental health term or experience you are unfamiliar with, do not dismiss or minimize it. Promise to learn more about it from good sources (like trusted websites or books). Be honest if you don't know something. If your child shares information with you, read it or watch it. When you're willing to learn, it can build trust and make your child feel heard.



encourage, but don't push

The first few times you talk about mental health, it might not go as well as you hope. Give your child time to think, take a break, or talk about it another time. They might not always want to talk, and that's okay. Keep being there for them and give them many chances to talk and connect. This will make them more likely to come to you when they need help.

for our
full list of
resources:



when help can't wait

If your child is showing signs of hurting themselves or others, it is time to get help immediately.

- call **988** for 24/7 help from the Suicide & Crisis Lifeline
- text "**MIND**" to **741741** for 24/7 support from Crisis Text Line
- go to an emergency room