



Mental Health in Schools Team (MHST) Parent/Carer Tips for Wellness:

STARTING CONVERSATIONS AROUND MENTAL HEALTH

It can be difficult to speak with your young person about their mental health and wellbeing. It is important to try different methods and see what works for you.

Useful conversation starters:

“How are you feeling?”

“What was the best and worst bit of your day?”

“How can I help you?”

“I can see that you are feeling _____. Do you want to talk about it?”

“Today I felt _____. How did you feel today?”



More conversation
starters!

Some young people find it easier to have these conversations when they do not need to make eye contact. Try having these conversations whilst doing a normal activity, such as cooking dinner, washing up or even in the car!

Top Tip: Try to avoid starting these conversations around bedtime.

Discussing and expressing feelings:

- Try using emojis, coloured stickers or pictures to show how you are feeling.
- If your young person finds it hard to have these conversations, they could try sending you text messages to let you know how they feel or using a shared feelings diary.

Statements of encouragement can help a young person share their feelings:

“I love you, nothing can ever change that”

“Even if I don’t understand, know that I want to”

“If you need to talk to someone else, that’s ok too”

“It is ok to feel this way”