

Conversation Starters for Talking To a Child about Mental Health: For Parents and Carers

'You've not been yourself lately.'

'You've been quite down, I'm listening.'

Could I help you to get some support in being less stressed/anxious/depressed?'

It's ok to feel upset/angry/sad/lonely. Let's explore what can be done about it.'

'You've not been holding up that well under all the pressure you've been under.'

'You've been sleeping really badly recently, perhaps you've been overthinking?'

'Let's go throw a ball / fish / walk the dog / learn to drum...'

'I can sense something's not right, and I want you to know I am here to listen when you are ready to tell me.'