

Tips for Supporting your Child's Mental Health

Starting a conversation

- "You don't understand"
- Non-judgemental approach
- Don't try to fix it; encourage them to come to their own solutions
- Drive the VAN – Validate, Acknowledge and Normalise
- Say what you see
- Me and you vs. the problem, not me vs. you
- Talk about others and their mental health
- Car conversations
- The take away messages: "thank you for sharing", "I'm here for you", "I love you and nothing will ever change that"

What can I do?

- Don't blame yourself!
- Be a role model
- Talk openly about mental health in the home
- Encourage and demonstrate wellbeing habits; connect, be active, be curious, keep learning and give.
- 1:1 time
- Communicate