



# Let's Talk About Teen Mental Health

# Be Patient

Talking about mental health can be challenging for some teens. Be patient and understanding, and let them know that it's okay to take things at their own pace.





# Choose the Right Time and Place

Find a private and comfortable space where you won't be interrupted or overheard. Pick a time when both you and the teen are relaxed and not rushed.



# Be Approachable

Create an atmosphere of trust and openness. Let them know that you are available to talk and that you genuinely care about their wellbeing.







## Use Clear and Simple Language

Avoid using complicated jargon or technical terms. Speak in clear and simple language that the teen can easily understand.

# Listen Actively

**Give them your full attention when they speak. Listen actively, without interrupting, and show empathy and understanding for their feelings.**







# Validate Their Feelings

Let them know that their emotions are valid and normal. Avoid dismissing or belittling their feelings, even if you don't fully understand why they feel a certain way.

# Be Non-Judgmental

Avoid passing judgment or making assumptions. Keep the conversation non-judgmental and focused on understanding their perspective.







# Ask Open-Ended Questions

Encourage them to share their thoughts and feelings by asking open-ended questions like, "How have you been feeling lately?" or "What has been on your mind?"

# Respect Their Boundaries

If the teen is not ready to talk,  
respect their boundaries, but  
reassure them that you are there  
whenever they are ready.







## Offer Support

Let them know that you are there to support them and that they can come to you at any time to talk or seek help.

# Provide Resources

Offer information about mental health resources, such as helplines, websites, or counseling services, in case they need additional support.

