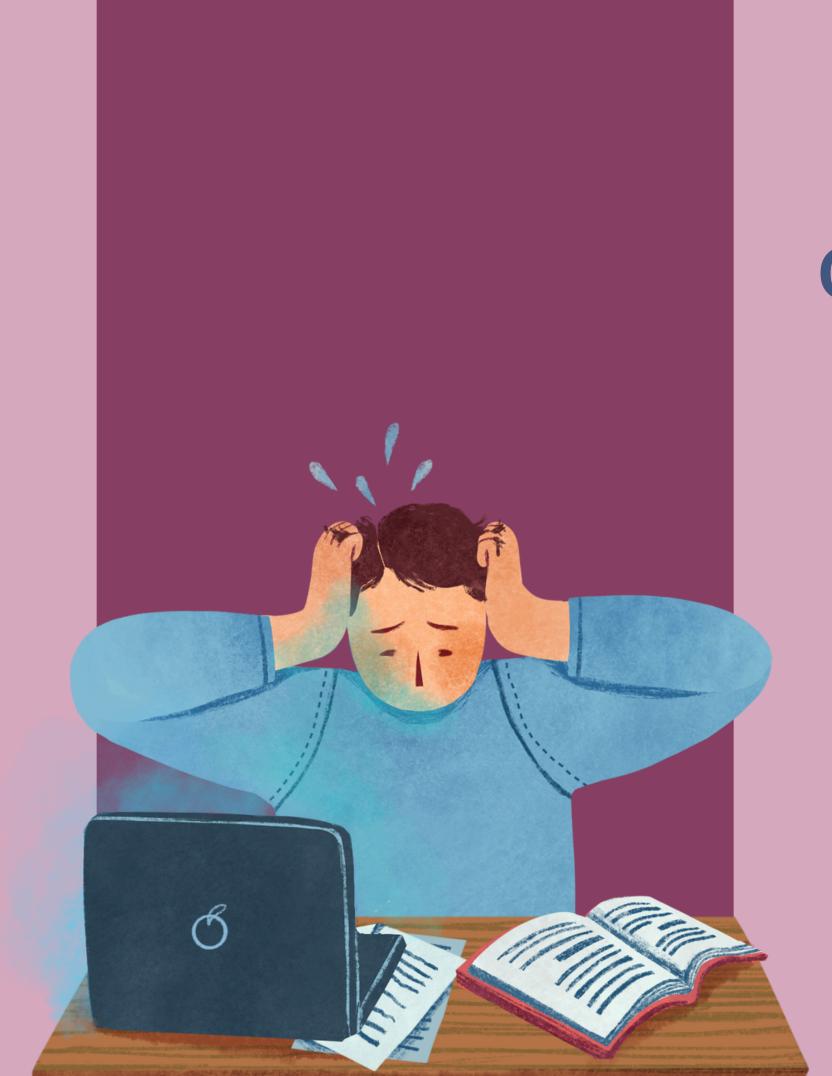


# Let's Talk About Teen Mental Health

#### 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.





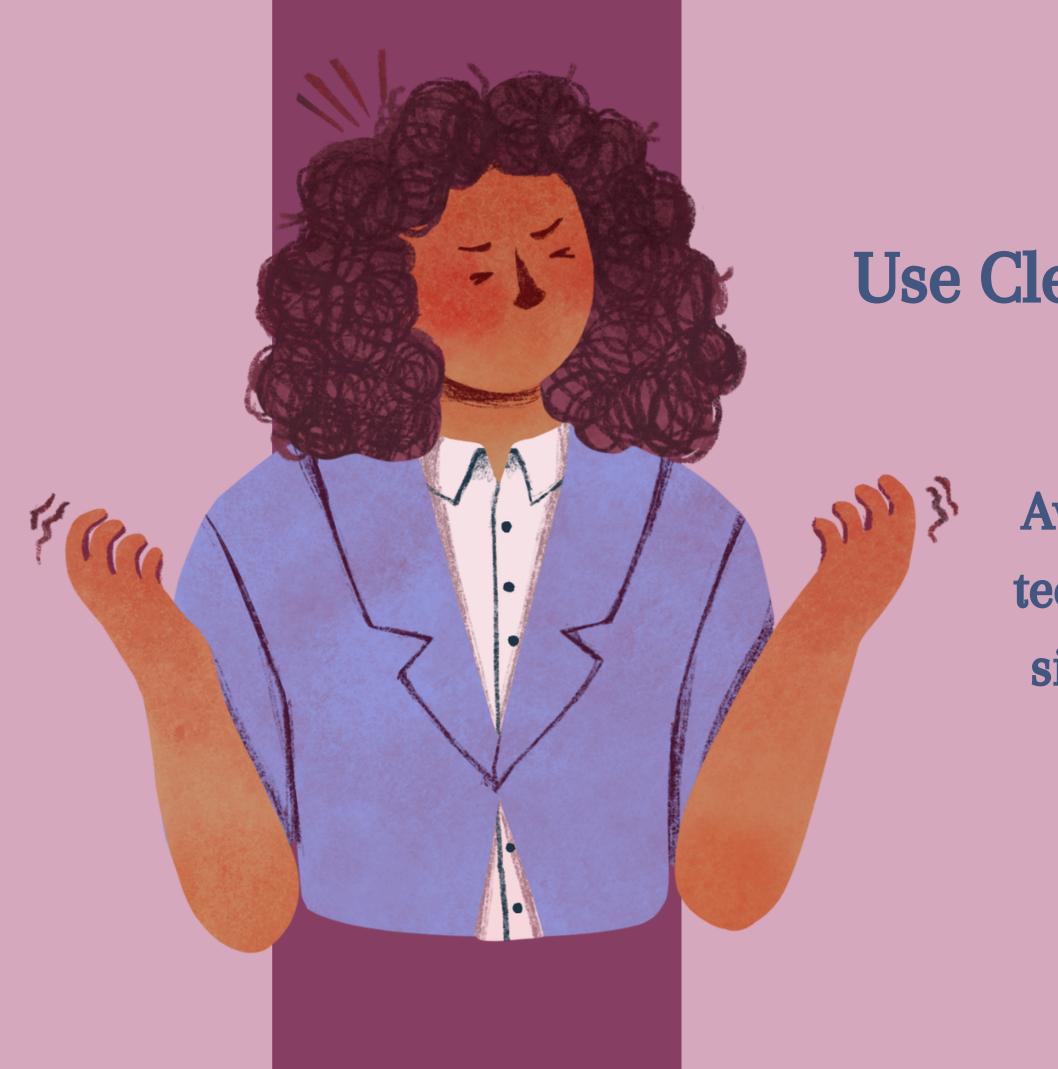
### Choose the Right Time and Place

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.

