

How to Talk to Children about Mental Mealth!



Be relatable

Find role models in the community or positive examples in the media.

- YouTube, podcasts, films, and television shows can be a great resource for introducing the subject of mental health.
- Whichever resource you pick, communicate at a level that is appropriate for their age



Communication is key

Practice open and honest communication.

- Let children know that this is a safe space for them to discuss their feelings and ask any questions.
- Use this time to show support and guidance, and remind them that there's nothing shameful or taboo about taking care of your mind.