

**Hello
Yellow**
FRIDAY 9 OCT

Grow the Conversation

**A short guide to helping young people feel
supported with their mental health**

It isn't always easy starting a conversation, but one chat can change everything.

Here are some tips to get you started and help build regular check-ins:

1. Starting a conversation, keep it general and open

Try Asking:

What was the best part of your day?

You seem a bit ____ lately, is everything okay?

How's ____ going at the moment?

2. Keep the dialogue going if your child has opened up

Try Asking:

So what happened is ____ and then what?

It sounds as if you're feeling ____ Have I got that right?

Can you help me understand more about ____?

3. Show you're listening, validate their feelings

Try Saying:

I'm not surprised you're feeling like that.

That sounds really difficult.

Thank you for telling me.

4. Explore the problem, discuss what may help

Try Asking:

What part feels the hardest right now?

What would you like to be different?

Can I help you find a first step towards that change?

5. Offer reassurance, it'll all be okay

Try Saying:

We can work through this together.

We might not get the answers today, but we'll get there.

I'm here whenever you need to talk.

Top Tips for Talking

Pick a relaxed moment

Talk when you both feel calm and have time to chat.

Do something together

Talking side-by-side or doing a shared activity can take the pressure off.

Listen first

Focus on understanding how they feel.

Keep checking in

Regular check-ins help them know you're there for them.

