Office on Mental Health

Core Service Agency of Harford County, Inc.

Ways to Promote Mental Wellness in Your Child/Family

Tips for parents

- **Create a safe space and home environment**
  maintain positive routines that include healthy meals and adequate rest
- **Help your child develop strong, caring, and connected relationships**
  spend time regularly with your child and the family
- **Encourage your child to express his or her feelings**
  listen to and respect their feelings; do not react with anger or shock- Stay calm, reacting with anger, shock, or denial may stop the conversation before it starts
- **Encourage your child's independence and confidence**
  show support in their ability to handle problems and new experiences
- **Remember that you are the role model**
  consider your own coping skills and ensure that you are setting a positive example - show them how to promote mental wellness
- **Start the conversation**
  talk to your child about mental health so they know you are open to talking about it...

See next page for conversation starters

1-800-NEXT-STEP
harfordmentalhealth.org

988 SUICIDE & CRISIS LIFELINE

Start the conversation

ParentGuidance.org

PRESCHOOL/ELEMENTARY SCHOOL

What can we do to keep our mind healthy?

1. What can we do to keep our mind healthy?
2. What was the best thing & worst thing about your day? How did it make you feel?
3. Has anyone asked you to keep a secret that made you feel bad or uncomfortable?
4. What is something that makes you feel sad? What do you do to feel better?
5. Who are 3 grownups or adults you could tell anything, and they would believe you?

MIDDLE SCHOOL

Do you ever get sad or lonely?

1. What do you do when you feel stressed or overwhelmed?
2. What do you like most about yourself? What is one thing you would like to improve or do better?
3. How would you handle a situation where you were being teased or bullied?
4. Do you ever get sad or lonely? What do you do to feel better?
5. What have you heard about suicide? What questions do you have about suicide?

HIGH SCHOOL

Describe a totally stress-free day

1. Describe what a totally stress-free day for you would look like?
2. What would you do if someone told you they wanted to die?
3. If one of your friends were depressed how would you know?
4. Talk about a time you witnessed someone being teased or bullied; How do you think it made them feel? What would you do if you saw someone being teased or bullied?
5. How does social media impact your overall well-being? What would you say is the difference between the on-line you and the real you?

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