Talking About Mental Health: Tips For Parents and Caregivers From Young People

Parenting Resources · https://bridges4mentalhealth.org/hub/parenting-resources/talking-about-mental-health-tips-for-parents-and-caregiversfrom-young-people/

Summary: This resource was created by young people who have experienced mental health challenges. These youth shared what has helped and what they wish parents and caregivers would say and do when talking about mental health.

Application: Professionals can share these tips with families so that parents/caregivers can talk with their children about mental health.

Source: Administration for Children and Families

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