

# TIPS FOR SUPPORTING YOUR CHILD'S MENTAL HEALTH



## Exercise

Regular exercise has both physical and emotional benefits



## Communicate

Encourage open conversations with your child. Demonstrate active listening during conversations.



## Education

Use available resources to learn about signs and symptoms



## Behaviours

Look out for changes in behaviour.



## Love and Support

Encouragement, positive reinforcement and praise. Demonstrate love and care, hold space for them to be themselves.



## Coping

Help teach your child coping mechanisms and promote self care



## Rest Time

Build healthy routines around rest and down time. Allow them to relax and unwind.



## Feelings

Discuss the different emotions with your child and practice ways of identifying them.

### Mental Health Support Services for Youth

LIFELINE 13 11 14

EHEADSPACE (AGE 12-25)

1800 650 890

KIDS HELPLINE (AGE 5-25)

1800 55 1800

WWW.HEADSPACE.ORG.AU

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