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MENTAL HEALTH CONVERSATION STARTER CARDS

What's the hardest thing you're dealing with at the moment?

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What's your favorite way to relax or de-stress?

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Taking care of your mental health is super important. Have you seen or heard anything about it at school or online?

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I'm curious about what's making you stressed or anxious.

**What's been on your mind?
How do you currently manage it?**

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I've felt anxious and depressed at times. I've wondered if you might experience that sometimes, too. What would it be like to talk to me about your feelings?

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I've heard being your age can be really tough for stress and anxiety. What do you think? Do you and your friends talk about it?

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I love you and care about you. What's the best way we can regularly connect about these things? Or how can I help/encourage you going forward?

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Instructions: Cut out these cards for whenever you need some help talking to your teen.