

7 CONVERSATIONS to have with your teenagers about mental health:

If you want to talk with your kids about mental health but you're not sure where to start, we hope you'll give one of these a try.

1. On a scale of 1-10, with 10 being the worst, how would you rate your stress and anxiety right now?
2. As you look back at your day, when did you feel most anxious?
3. What close friend(s) can you talk to about your stress and anxiety?
4. If you were feeling really stressed or anxious, or maybe even thinking about hurting yourself, what caring adult (besides me) could you talk to?
5. I would be anxious, too, if I was navigating what you are. What do you think might be your next best step?
6. What can I do to best support you right now?
7. The next time you feel anxious, what core truth or phrase about yourself or God would you like to remember?

Read more at: fulleryouthinstitute.org/blog/worried-about-your-teenagers-mental-health

Equipping diverse leaders and parents so faithful young people can change our world.

