

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



## LOVE

Be there for your child and show care and love



## SUPPORT

Encourage and praise your child



## CONVERSATION

Encourage your child to talk to you



## FEELING

Get to know how your child is feeling



## EXERCISE

Excercise has physical and emotional benefits



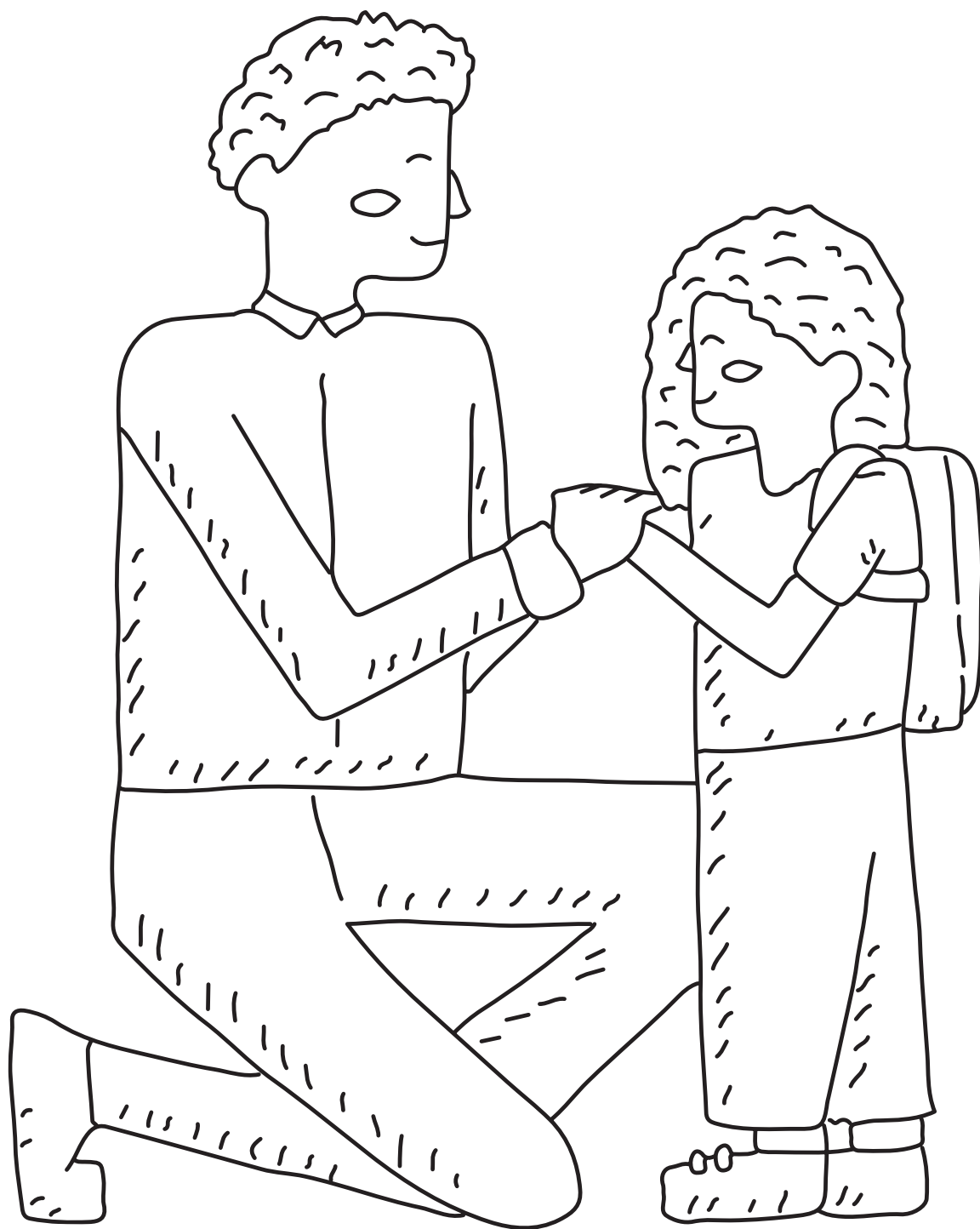
## BEHAVIOR

Keep an eye out for changes in behavior



## REST TIME

Help your child build rest time into their routine



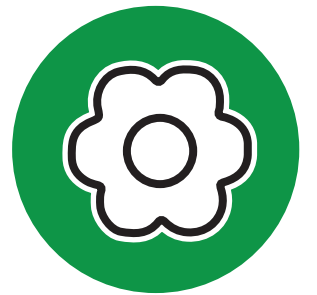
## EDUCATION

Learn signs and symptoms of mental health problems



## LISTENING

Make sure to listen to what your child has to say



## COPING

Help your child learn simple coping skills such as relaxation

For more information on supporting your child's mental health, contact your child's school counselor or a social worker.