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**Mental Health messaging for parents/caregivers:**

You’ve prepared your children with new clothes, notebooks, and a fresh batch of #2 pencils, but have you asked them how they’re feeling?

Getting ready to go back to school is an ideal time to talk openly with your child about their mental health. Take the time to ask them about relationships with their friends, if they’re stressed about upcoming academics or activities, or whatever else is on their minds. Then *listen*.

Conversations can happen at any time, they can be prompted by billboards, media stories or a song on the radio.

Research shows youth and young adults’ beliefs about themselves and their abilities are influenced by the adults in their lives who care about them. They’ll learn they can come to you when they need support, and you just may learn a thing or two about them.

1. Ask them if they’re stressed, anxious or depressed. Talking openly about mental health with your child helps them feel supported during an important time of their lives. Start the conversation.
2. Ask your children about their mental health. You’ll learn a little more about their lives, and they’ll know they can come to you when they need support with their mental health.
3. Ask your children about their mental health before school, intramurals, and everything else take over their schedules. Let them know you’ll be there for them if they need to talk to someone.
4. Helpful websites:

[[www.LetsTalkCO.org](http://www.letstalkco.org/)](https://letstalkco.org/)

[[www.Hablemos.org](http://www.hablemos.org/)](https://hablemosco.org/)

[www.speaknowcolorado.org](http://www.speaknowcolorado.org/)

https://www.hableahoracolorado.org

http://coloradocrisisservices.org/