



I need help with

**talking to my teen  
about mental health**



**ParentClub.scot**  
Here to Help

## Why talking matters

- Talking about feelings helps make mental health a normal part of life.
- When teens feel safe to talk, they're more likely to come to you with worries.

## Top tips for conversations

### #1 Talk little & often

Make chatting about feelings part of daily life. Short, regular moments help build comfort.

### #2 Choose a relaxed setting

Conversation is easier during activities like walking, cooking, or watching something together.

### #3 Help them express feelings

Some teens struggle to find the words. Try using emojis, art, or an emotion wheel to start discussion.

### #4 Talk about 'big' vs 'little' feelings

Explain that all feelings are normal, but some can stick around and need attention, just like a lasting physical sore.

### #5 Listen without interrupting

Give full attention and resist jumping to solutions, being truly heard matters more than quick answers.

### Language matters

Avoid dismissive terms like "nutcase" or "looney." Teens notice how we speak about mental health, and respectful language helps reduce stigma.

### What to watch for

While every teen has ups and downs, you might be concerned if you notice:

- Persistent withdrawal or irritability
- Sleep changes
- Physical complaints like stomach aches
- Increased clinginess or aggression

**If these signs continue, talk to their GP or teacher.**



## Supporting Wellbeing & Tough Conversations

### Looking After Family Mental Health

Supporting mental health isn't just about talking, it's about how your family lives their lives too.

- ✓ Get outside and move more
- ✓ Do mindful activities together
- ✓ Build routines that include rest and connection

### Creating a Calm Space

Set up a small, peaceful corner (even a box with calming items like colouring or stress toys) where your teen can relax without distractions.

## Helpful Resources

There are organisations and support lines that can help both you and your teen, such as:

- **Childline** – support for young people
- **YoungMinds** – tips and activities
- **Breathing Space** – mental health support in Scotland
- **Mind and SAMH** – wider mental health resources
- **Shout** – 24/7 text support option

## Find more support and practical advice at: [parentclub.scot](https://parentclub.scot)

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