Top tips for how you can support your child's mental health

From the Mental Health Foundation

Think about the five ways to wellbeing: Connect/Be active/Take notice/keep learning/Give	Are there things you can encourage them to do, or do together, each day?
Talk openly about mental health	Just as you might encourage them to eat fruit and veg to keep their bodies healthy (and model this behaviour yourself), talk openly about, for example, staying connected with others or being physically active in order to take care of our minds.
Model good habits	Children often learn from copying what they see around them. If you are taking care of your own mental health, it's easier for them to see what good habits look like.
Think about phone usage – both theirs and yours	We don't fully understand the impact of social media on our mental health but using phones and laptops can impact on our sleep, which is important to our mental health. We're also more likely to listen to one another if we're not distracted by technology.
Notice any changes in your child's behaviour	Young people tell us how they're feeling in many ways, not always verbally.