

# HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

@BELIEVEPHQ

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## LOVE

Be there for your child and show care and love



## EXERCISE

Encourage play, exercise and sport



## BEHAVIOUR

Keep an eye out for any changes in behaviour



## SUPPORT

Regularly support, encourage and praise your child



## REST TIME

Help your child to manage stress by building in some rest time



## BE PROUD

Tell your child that you are proud of them



## PATIENCE

Be patient. Don't pressure your child



## HELP

Don't be afraid to seek help from professionals



## FEELING

Get to know how your child is feeling



## EDUCATE

Educate yourself about mental health problems



## PROBLEM SOLVING

Help your child to effectively problem solve



## LISTEN

Make sure you take time to listen to what your child has to say



## COPING

Help your child to learn some simple coping skills such as relaxation



## SYMPTOMS

Be aware of signs and symptoms



## CONVERSATION

Encourage your child to engage in conversation



## ENVIRONMENT

Provide a positive environment for your child where they can thrive

