

When speaking to young people about their mental health remember to...

**S** select a space where you will not be disturbed. A more relaxed environment can be less threatening than sitting down face to face.

**P** Prepare beforehand, try to think about the questions that could possibly arise and how you would answer these.

**E** Ensure you have time for your conversation. Think about the best time for the person you are speaking with.

**A** Ask open questions, these give children more chance to talk, rather than answering 'yes' or 'no'.

**K** Keep the conversation going as long as the young person wants to speak. Remember to revisit the conversation again.

**E** Emotions are important. Reflect back emotions to show that you are listening and understanding the way they are feeling.

**A** Answer questions honestly. Tell them you will find out the answer when you do not know.

**S** Share your experiences if it is appropriate. This can help young people see that everyone experiences difficult feelings.

**Y** Your role is to show them they are important, that you are there to support them, that they are heard and cared for.