

84%

of dads think it's important to talk to their kids about mental health, but many say they don't have the language to do it*. Getting serious about mental health means connecting and supporting a young person in your life, and helping to foster hope and joy in the everyday actions where they live, play, and learn. Tips to form connection with a young person in your life:

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1. What do they love?
Show consistent interest.
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2. Normalize mental health:
Say out loud how you are
feeling in everyday moments.
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3. Try to create occasions
to talk by joining them in
an activity they love.
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4. Ask their opinion, with
open-end questions. “What
do you think about...?”
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5. “Your mental health is
important. I’ve noticed
that...Tell me about...”
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6. “You’re not alone. Let’s
find help together”
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