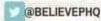
HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH





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



www.BelievePerform.com

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



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



Provide a positive environment for

Provide a positive environment for your child where they can thrive