

Youth Mental Health Check-In

A simple guide for staying connected and protecting your child's emotional well-being.

1. Gentle Check-In Questions

- ♥ “How has your heart been feeling lately?”
- ♥ “What’s been on your mind this week?”
- ♥ “On a scale of 1–10, how stressed are you feeling?”
- ♥ “Has anything felt heavy or lonely lately?”
- ♥ “What’s one thing that made you smile this week?”

2. Watch for Red Flags *(checklist style)*

- ☐ Withdrawal from friends, family, or activities
- ☐ Big mood swings or unusual anger
- ☐ Sleep disruptions or appetite changes
- ☐ Obsession with online validation (likes, followers, streaks)
- ☐ Talking about being a burden or not wanting to be here

3. Respond with Reassurance

Try saying:

- ♥ “Thank you for trusting me.”
- ♥ “You’re not alone.”
- ♥ “It’s okay to feel this way. I’m here, no matter what.”

Then gently ask:

- “Would it help to talk to a therapist, counselor, or someone else, too?”
- “What can I do right now that would feel supportive for you?”

4. Crisis Support

- ♥ Call or text **988** — Suicide & Crisis Lifeline
- ♥ Reach out to a school counselor, therapist, or doctor