



DON'T WAIT FOR YOUR CHILD TO 'GROW OUT OF IT'

All children and youth are different, and what may be normal for some children may be abnormal for others. Children show signs of anxiety and depression in different ways. It is important to have a conversation with your child and allow them the opportunity and the environment to share their experience with you.



YMHC is a community-based, youth-led charitable non-profit organization focused on youth, family and community engagement for mental health education, support, advocacy and change.

We advocate for needs-based, culturally sensitive, trauma-informed mental health supports, services and educational accommodations and direct funding to families to support young people with chronic mental health disabilities.

YMHC
Youth Mental Health Canada



HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH



YMHC
Youth Mental Health Canada



LOVE

Be there for your child and show care and love. This is important for creating an environment where they are nurtured.

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. This is a valuable skill that will help their wellness throughout their life.

BE PROUD

Tell your child you are proud of them.

PATIENCE

Be patient. Don't pressure your child.

FEELING

Get to know how your child is feeling. You can do this by listening to what they have to say and noticing their behaviours and affect.

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. Be mindful of the way your child experiences the world.

COPING

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

SYMPTOMS

Be aware of signs and symptoms of common mental illness.

CONVERSATION

Encourage your child to engage in conversation.

ENVIRONMENT

Provide a positive environment for your child where they can thrive.

HELP

Don't be afraid to seek help from professionals if you notice your child is displaying signs and symptoms of mental health challenges or if you feel unable or unaware of how to support them in their mental health. Your family doctor is a great resource.

