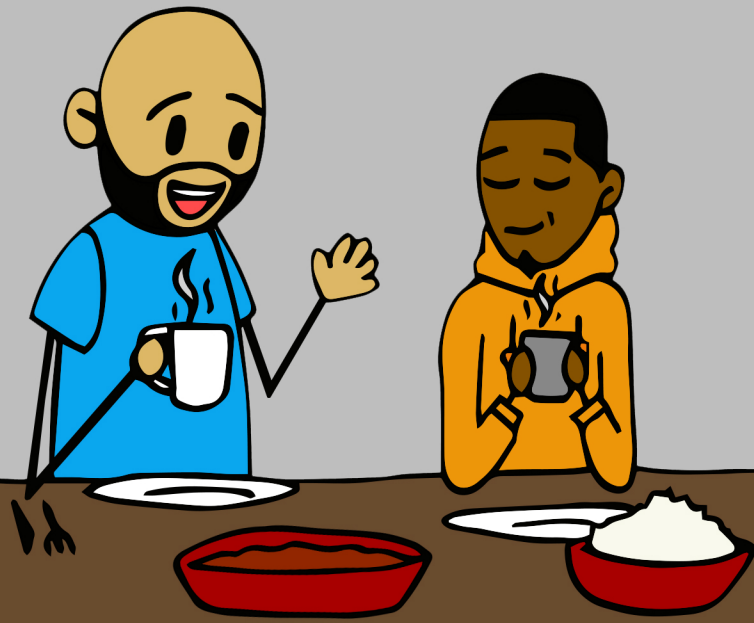
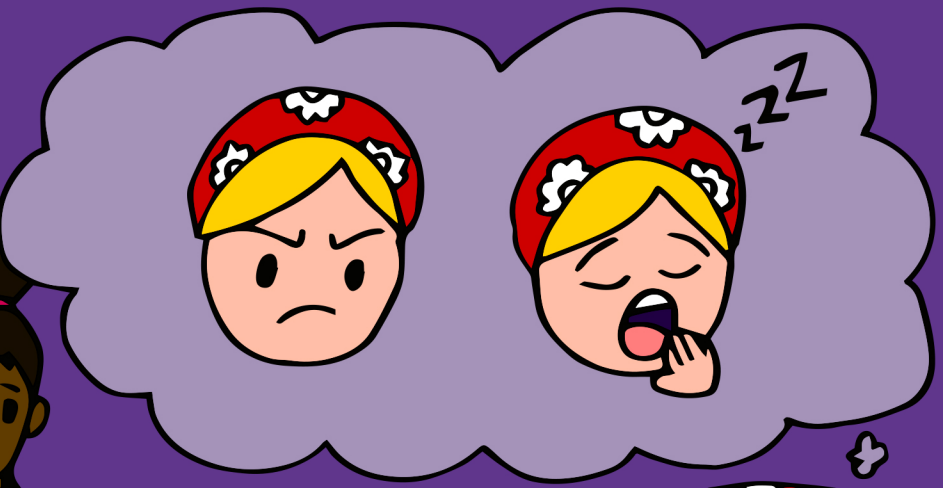


Over a meal



or a snack

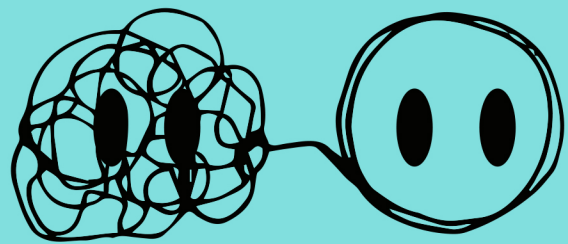
When they are visibly enthusiastic



When they are withdrawing, bored or visibly upset



When you notice a



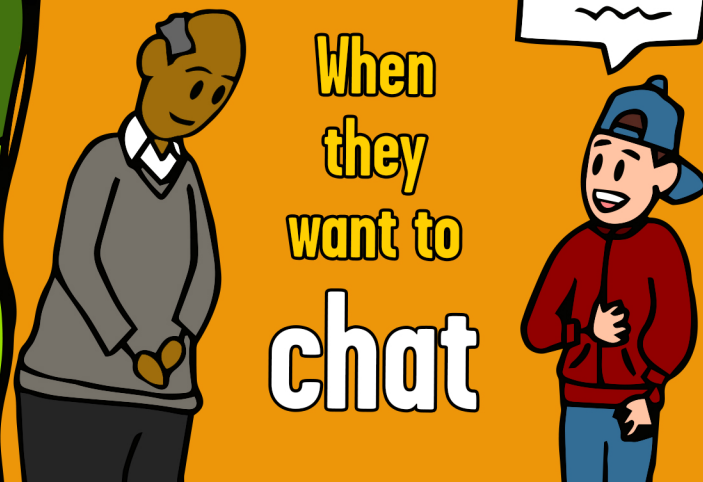
change in behaviour

When is a good time to check in with a young person about their mental health?

During an activity like playing sport



When they want to chat



On the way to/from somewhere



Top tip: Before checking in with a young person, check in with yourself - are you ready to have this conversation?