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:

1. What do they love? 
Show consistent interest.

2. Normalize mental health: 
Say out loud how you are feeling in everyday moments.

3. Try to create occasions to talk by joining them in an activity they love.

4. Ask their opinion, with open-end questions. “What do you think about...?”

5. “Your mental health is important. I’ve noticed that...Tell me about...”

6. “You’re not alone. Let’s find help together”

It’s ok to ask for help. And if a young person is in crisis or in harm’s way, call 988 or text “HELP” to 741741. If an emergency call 911.

*Verywell Mind Survey, 2023