

families,
together

WATCH, LEARN & SHARE

A video about Supporting the Mental Well-being of Children & Youth

DISCUSSION QUESTIONS

1. Considering what you saw in the video, discuss the following:
 - *What are your general thoughts, feelings or reactions?*
 - *What do you see as the role of family and friends in supporting the mental well-being of children and youth?*
 - *How can you build a support team if you are concerned about the mental health of your child?*
2. What did the families say in the video that you can relate to as a parent, caregiver or family member?
3. In the video, Dr. Dzung Vo talks about how it can be difficult to know if your child has a mental health concern because signs and symptoms are sometimes hard to see. The families in the video discuss some of the signs they saw in their children. Discuss some signs that you might see if a child or youth is experiencing a mental health concern.
4. What can you do if you are concerned about the mental health of a child? Who can you talk to if you need support?
5. Where can you find information or resources on supporting the mental well-being of children and youth in your community?



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