

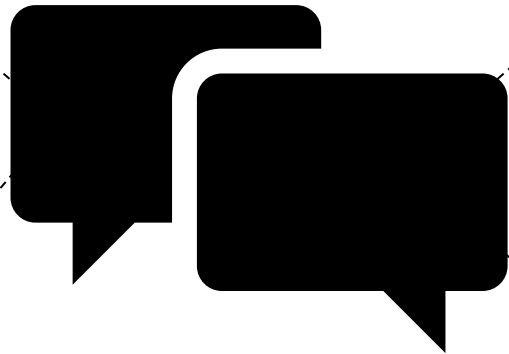
# Better Mental Health Conversations- *How can we have better mental health conversations?*

Thinking back to situation or event to help you learn from it

Thinking about what went well or what you might do differently next time

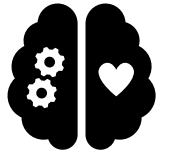
Thinking about your feelings towards mental health and the feelings of the other person too

Understanding people have lots of different perspectives and these might be different to your own



## Why is it important?

Helps you to develop self awareness and emotional intelligence

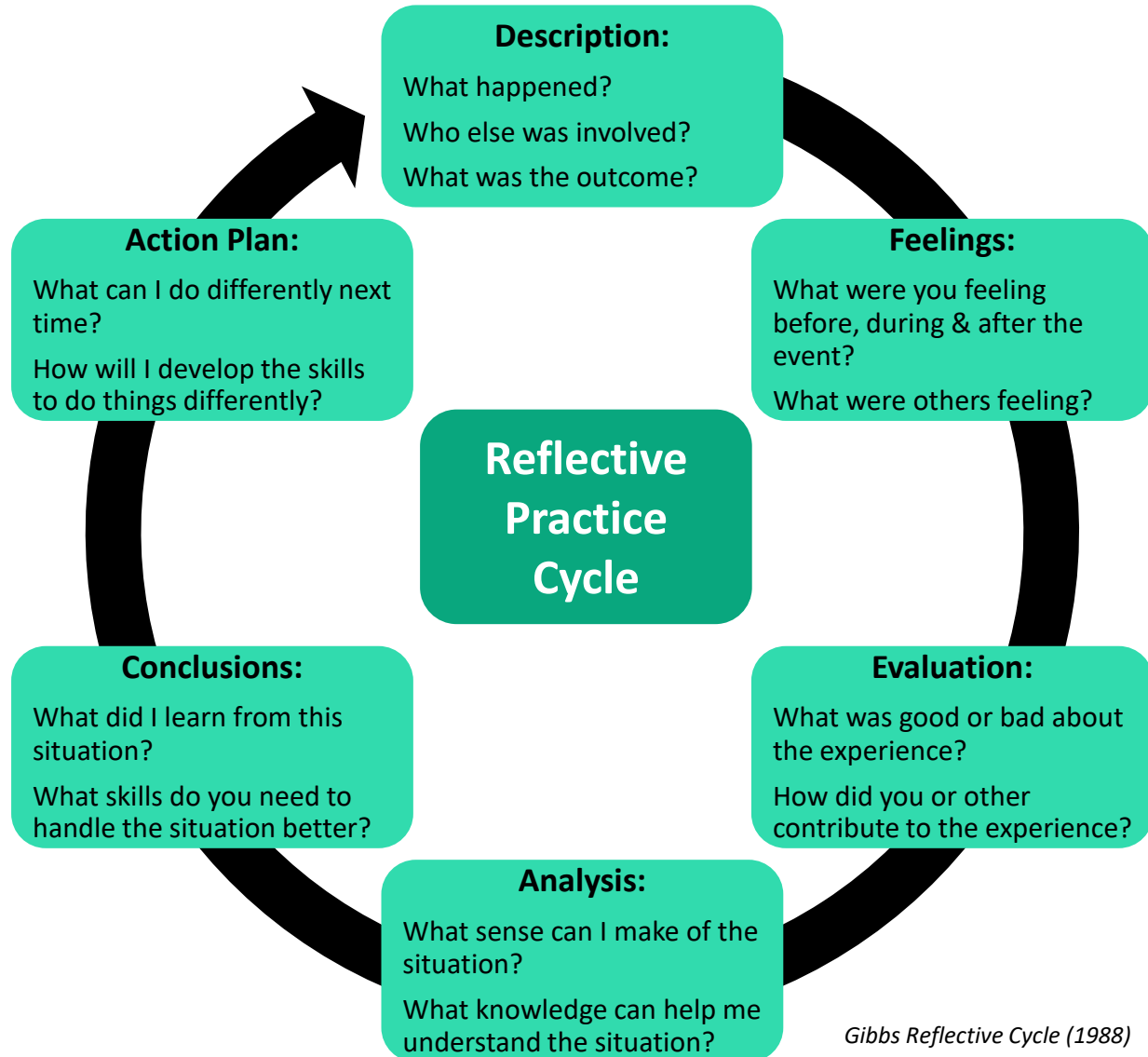


Helps you to understand what support you might need

Help you to improve your communication and practice



# Better Mental Health Conversations- *Using 'Things to say/ Things not to say' resource on website*



## Suggested Activity

1. Think about a time when a young person tried to talk to you about their mental health but you didn't feel able to support them.
2. Follow the 'Reflective Practice Cycle' and talk this through with a partner, friend or trusted colleague.
3. Action Plan using the website resources.