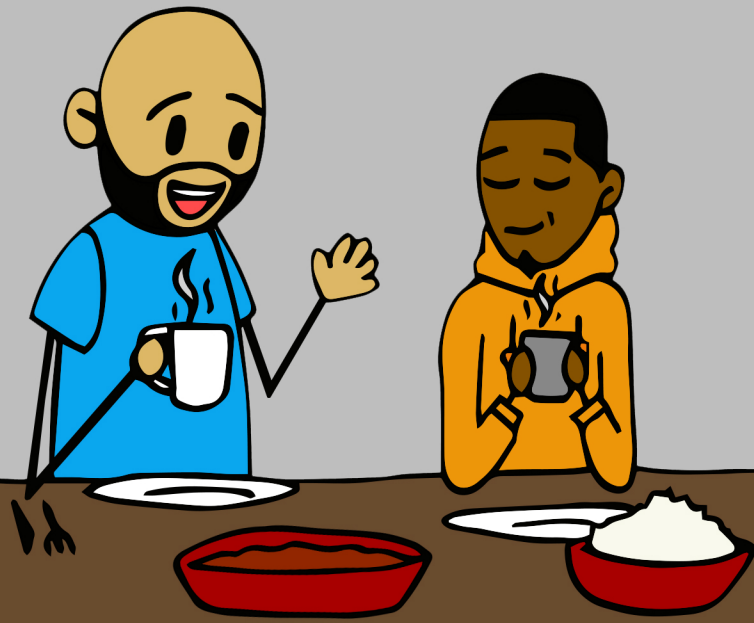
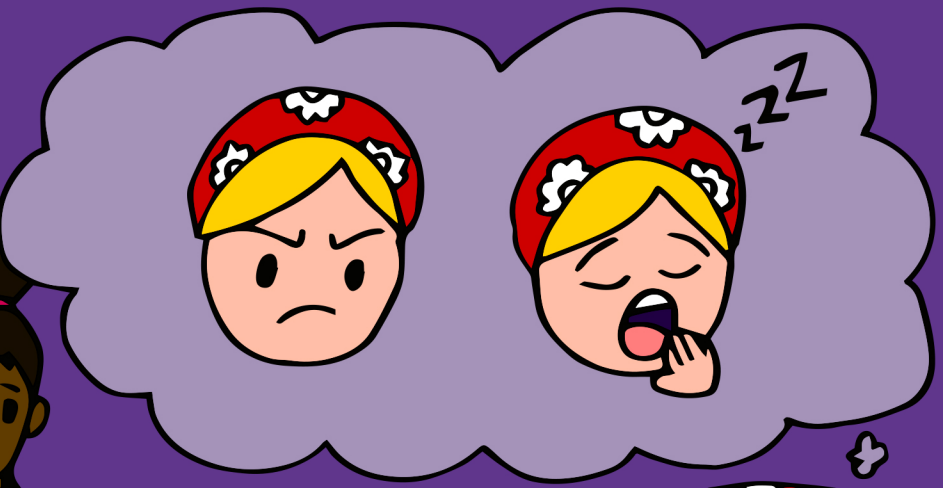


Over a meal



or a snack

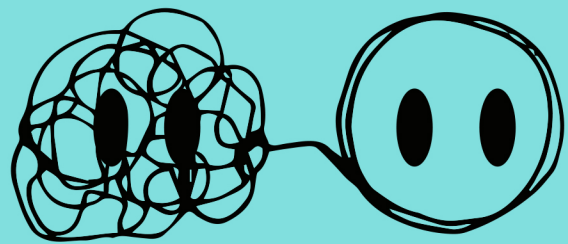
When they are visibly
enthusiastic



When they are
withdrawing,
bored or
visibly upset



When you notice a



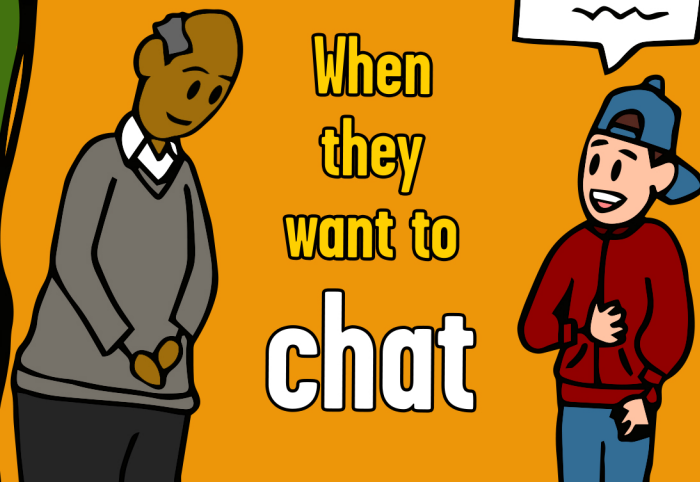
change in behaviour

**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?