

TALKING TO KIDS ABOUT HARD THINGS

01

IDENTIFY WHAT THEY ALREADY KNOW

Try "What's your take on this?"



02

BE HONEST AND BE CLEAR

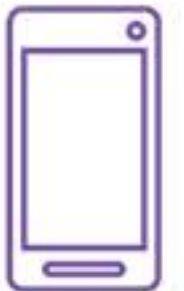
Try "It's going to be difficult but we can endure."



03

ADMIT WHEN YOU DON'T KNOW

Try "I don't know, let's look into that together."



04

REASSURE THEM YOU'RE AVAILABLE

Try "I'm here if you wanna talk or vent."



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DEPARTMENT of
BEHAVIORAL
HEALTH

If you are in need of assistance please call the:

- Behavioral Health Access line at 1 800 654-3937
- Suicide Prevention Lifeline 1 800-273-8255 or text HOME to 741741
- For Emergencies please dial 911