



Mental Health Minute



For questions or concerns related to your student's mental health,
please contact Mrs. Amanda Ellerkamp, MS, LAPC
Clinical Mental Health Counselor at Trinity High School

For more resources, see her website: <https://trinitycatholicschools.com/mrs-amanda-ellerkamp>



**Breaking The Stigma:
How to talk to your children
about Mental Health**

How to Have a Mental Health Convo

Do..... 

Listen and allow that person to feel heard

Allow stretches of silence so the person can process

Tell the person you are honored they trust you

Accept that you may feel uncomfortable. That's OK.

Don't.... 

Offer solutions, "fix," or diagnose

Say how lucky they are or how they should feel

Start any sentence with the phrase, "You should.."

Tell them their feelings are a "choice"



Learn more about starting a conversation about mental health with this guide:

<https://www.mentalhealthdny.org/wp-content/uploads/2023/08/MHConvoStarters.pdf>