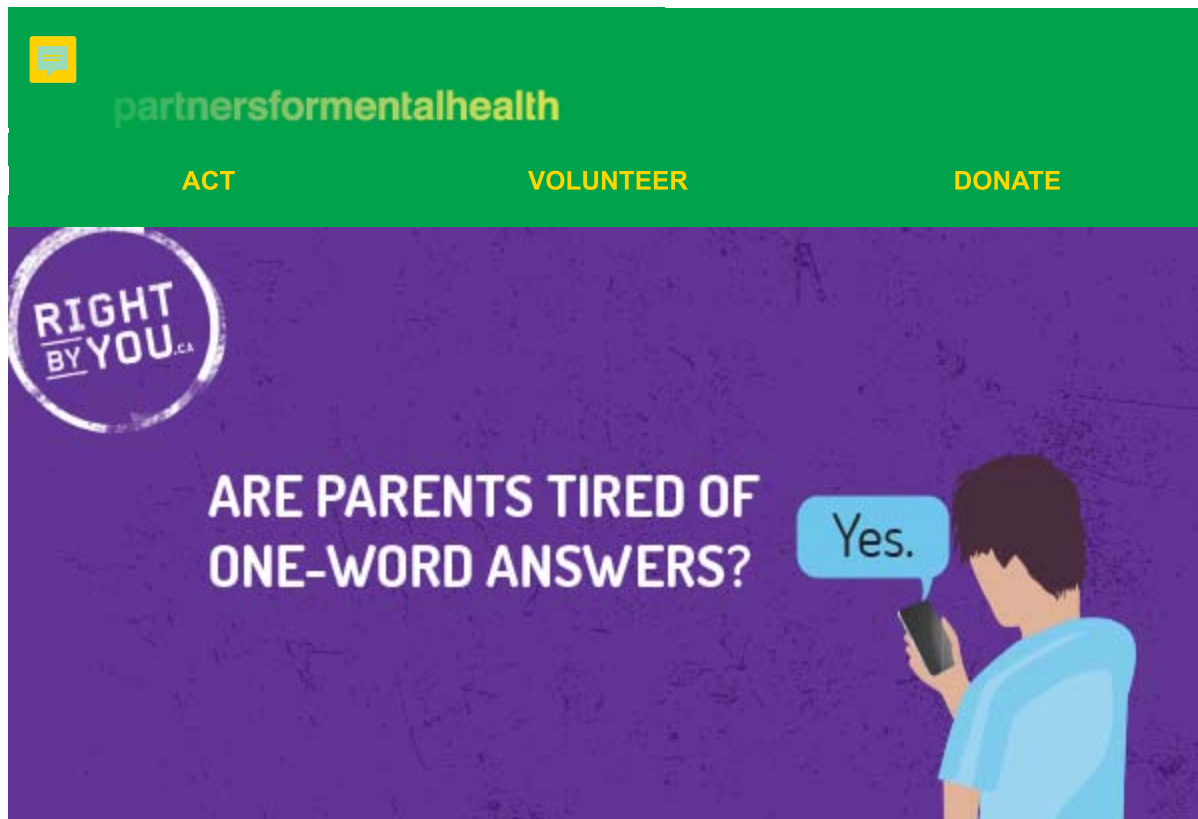


12 tips for those important conversations

1 message

Partners for Mental Health <partners@partnersformh.ca>
Reply-To: Partners for Mental Health <partners@partnersformh.ca>
To: Krystle Kung <krystle.kung@gmail.com>

Tue, Aug 1, 2017 at 11:06 AM



Dear Krystle,

As a dad with two teenaged daughters, I know how hard it can be to start up a meaningful conversation with kids. Attempts to do so can sometimes be met with one-word replies, grunts, blank stares or restlessness.

Those talks are crucial, though, in building close and genuine relationships with teens and in supporting their mental health. With 20% of youth saying they wouldn't share their pain with anyone if facing mental health problems, it's vital for us to reach out.

Want ideas on how to connect with your teen? **Sign up for our 12-week *Right By You* tip series** and we'll send you an email each week with helpful insights and information on talking with your teen.

[Get Weekly Tips](#)

I hope that these tips and other resources available at rightbyyou.ca help jumpstart those important conversations with your child or teen.

Thank you,