

Safeguarding Snapshot – 24.10.25

Top tips for conversations with your child about mental health

It can sometimes be difficult for young people to open up about how they are feeling. The National Online Safety network have produced the following tips for parents and carers to confidently talk about Mental Health. I have also included their tips on encouraging open conversations, as the 2 guides support one another.

[Supporting Children's Mental Health Conversation Starters](#)

[Encouraging Open Conversations Guide](#)