

# 7 CARING CONVERSATION STARTERS TO Reach Your Child or Teen with Anxiety



As a concerned friend or parent, you may want to reach out, but you may not be sure how to begin.

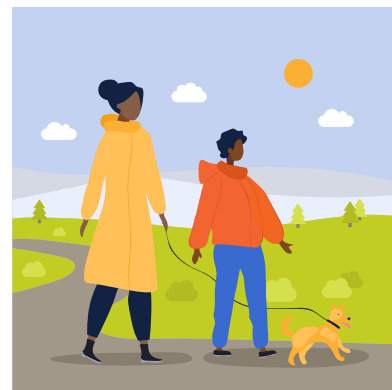
When someone is anxious or depressed, one of the indicators can be withdrawing and not necessarily wanting to talk, yet talking is one of the best ways to begin healing. It's difficult to witness that situation if you are concerned about the person. **Your role is that of a calm and concerned presence and an empathetic listener who does not judge or try to solve the problem.** Try to lead with curiosity and state what you are observing in their behavior. The goal is to get the person to start talking and begin to relieve the pressure of holding everything in. Be consistent.

**Parents/caregivers: The child/teen may not open up on your first attempt, but don't give up.** Continue to offer space and support so that your child will turn to a trusted adult or friend when they need help.

## CONVERSATION STARTERS

Try these conversation starters. Keep checking in to show your concern.

1. **Let's go for a walk.** *(Suggest something that the child/teen would enjoy.)*
2. **You don't seem quite like yourself these days.**
3. **I've noticed you don't see your friends as much, you've been eating less, spending more time in your room, etc.**
4. **What's going on? Are you okay?**
5. **Can we talk about it?**
6. **I'm so glad you shared with me what you're going through.**
7. **I care about you, and I'm here for you.**



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