

Table Topics

Mental Health is important, use these to break the ice on a difficult conversation.

How are your friends?
Are any of them
having a hard time?

Have you been
having trouble sleeping?

Have you noticed
any changes
in your mood?

Have you been
feeling any emotions
that don't feel good?

How was your
day at school today?

I'm thinking about
getting some coffee,
can I bring you some?

You seem
withdrawn lately,
can I help?

Has anything
happened at school
that I can help with?

Can I do anything
to help you?

Is there anything
going on in your life
that I should
know about?

Do you know
what is bothering you?