



MY STORY GAVE
HIM A VOICE.

Be Heard. Break the Stigma.



STRENGTHENING
YOUTH & FAMILIES

BELOW ARE SOME PROMPTS THAT MAY BE HELPFUL IN WRITING YOUR STORY.

1. How do you maintain an open dialogue with your child about their mental health journey?
2. How do you cope with the stress related to your child's mental illness?
3. What have you learned about yourself as a parent through your child's mental illness journey?
4. What have you done to improve communication between you and your child?
5. What have you done to foster empathy and understanding within your family?
6. How have you managed to keep your other children feeling safe and secure during your child's mental illness journey?
7. What have you done to help your child believe in themselves and their ability to manage their mental illness?
8. What do you wish more people understood about your child?
9. How does medication help your child?
10. Describe a struggle you have had during your journey.
11. Describe a typical day with you and your child.
12. How do you practice self-care?
13. What does stigma mean to you?
14. What does "advocacy" look like in your family?
15. How do you help your child feel included and accepted at school?
16. How can I balance my responsibilities as a parent with my child's needs?
17. How can I create a safe space for my child to share their feelings?
18. How can I help my child build self-confidence and self-esteem?
19. What do you wish service providers knew about your family?
20. How do you cope with the challenges of parenting your child?
21. Do you have any tips for other parents in similar situations?
22. Do you ever find yourself feeling isolated or alone in your parenting journey?
23. How has your relationship with your child changed since their diagnosis?
24. What advice or resources would you give to a parent who has a child who has been recently diagnosed with a mental illness?
25. How do you work with professionals to ensure your child is receiving the best care?
26. How do you handle difficult conversations with people who don't understand your child's diagnosis?
27. What has been the most difficult aspect of parenting your child?
28. What do you think are the most important things to remember when parenting a child with mental health struggles?