

Let's Talk

CONVERSATIONS AT THE TABLE

At YES, we believe open, honest conversations about mental health can change lives. Use these questions to connect, listen, and reflect together.

What is something that made you smile today?

Describe your perfect day.

What's a coping skill you use that ISN'T helpful?

What song lifts your mood?

What is something you learned today?

Who made a difference in your day?

How have you shown kindness to yourself?

What do you do when you're feeling anxious?

What is something on your bucket list?

What's the best advice you've ever gotten?

What's a coping skill you use that IS helpful?

What made today hard?

What is something you're grateful for?

What is your favorite memory?

What's a hard thing you're dealing with right now?

Who is someone you admire, and why?

What don't people always see when you're not okay?

What would you like to be really good at?

YES

YOUTH EASTSIDE SERVICES

425-747-4937

youtheastsideservices.org

You're not alone.

If a conversation becomes difficult or brings up strong feelings, help is available. At YES, we're here for youth and families —because mental health matters.