



mental
health
matters at
every age

We can all do our part to help support the mental health of children in South Dakota. Encouragement and positive messages can open doors to discussions about self-care, asking for help and the importance of mental health. By providing students with daily reminders and positive notes, we can help them stay positive, share their feelings and ask for help when needed. Let's pave the way for healthier, more resilient children in South Dakota.

Talking to Your Students About Their Feelings

When talking to your students about their feelings, start by creating a calm and welcoming space where they feel comfortable. Use simple language and activities to help them open up. Encourage them to express their emotions and remind them that it's okay to feel different things. If they ever need extra help or are going through a tough time, let them know that help is always here.

Contact

For more information visit SDBehavioralHealth.gov or contact dssbh@state.sd.us.

Conversation Starters

- How are you feeling today?
- What's been on your mind lately?
- Remember it's okay to talk about what you're feeling.
- Do you ever feel like you need a break from anything?
- What made you smile today?

What You'll Find:

Items for educators, students & parents. Including:

- Stickers
- Keychains
- Mirror Clings
- Posters
- Coloring Pages