



# Five Things to Remember When Your Child Seeks *Mental Health Support*

Brought to you by Soluna's Clinical Team



When your child asks to speak with a counselor, it's completely normal to *feel a mix of emotions*.

You may wonder why they don't want to talk with you about it, or if there's something bigger going on that's not on your radar.

The good news? Your child is **taking a proactive step** to care for their wellbeing — whether it's building coping skills, navigating conflict with peers, or processing big feelings. Those **skills will benefit them for a lifetime**. It's also a good opportunity for you to have important conversations at home about mental wellness, maybe even for the first time.

Our clinical team has experience **supporting youth and families for over 20 years**. Backed by that experience, they've identified five things for parents and caregivers to remember when a child expresses interest in seeking professional support.

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## 01 Start with care, not concern

Make sure your child doesn't feel like they're "in trouble" for asking for help. That framing can shut the conversation down before it begins. **Keep the tone open, curious, and calm.**

“Hey, I saw you're interested in talking to a counselor. I want you to know I think it's really smart to reach out for support when you need it. I'm here for you, however you need me.”

## 02 Normalize support

Using mental health tools or talking to a counselor **doesn't mean something is “wrong” or broken.** It means your child is building skills and getting support to navigate life — just like they would with a tutor, coach, or mentor.

## 03 Don't take it personally

Your child may want to talk to someone else — and that doesn't reflect poorly on your relationship. Even in close families, it's healthy for young people to seek outside support. **It's not a rejection, it's a resource.**

## 04 Create space, not pressure

Let your child know you're available, but don't push them to open up more than they're ready to. Gentle, **open-ended questions and a consistent presence go a long way** in helping them feel safe.

“Is there anything on your mind you want to share, or would you rather just hang out today? Either way is totally okay with me.”

## 05 Support starts with you

Parenting a young person isn't always easy — especially when emotions run high. So, remember to give yourself grace, too. Taking care of your own mental wellbeing **models resilience and self-awareness for your child.**