



5 minutes
Real talk
Every day

The bad news. Young people and their families are battling a mental health crisis that's widened and deepened over the past two years.

The good news. Families on the front lines already possess the tool that gives them the best chance of winning this fight: Talking.

Talk. About how you're feeling, about how your day went, about school, your friends, your favorite movies...just talk.

Adults, talk to your children. Kids, talk to your parents or a trusted adult or friend. There's nothing too small to talk about!



Take the High 5 Challenge

5 minutes of real talk, every day.

See back for tips.



Children's Hospital
New Orleans
LCMC Health

It's time to talk.

More than 1 in 5 kids struggles with a significant mental disorder. Over the last decade, we've seen a 60% increase in youth suicide rates. Young people are experiencing increased levels of anxiety and depression, and more than half of parents are worried about the mental state of their children.



Conversation starters

- What were the highest and lowest points of your day?
- What are you most proud of?
- What's something that you are good at?
- Did you get to do anything new today?
- If you could be any animal what would you be and why?
- What's your favorite song right now? Why do you like it?
- What's your favorite holiday?
- Tell me a joke.
- What do you think about putting pineapple on pizza?
- What would you do with a million dollars?
- Who's your favorite teacher?
- What do you like the most about your family?
- Who's the person you trust most outside your family? Why?
- What color is the happiest color? What makes it happy?
- What's your favorite thing to do with your family?
- What superpower would you choose and why?



Tips for adults

Don't force it

You may find that conversation flows more easily during a shared activity like driving to the grocery store, taking a neighborhood walk, playing a sport, or folding laundry.

Judge not

A High 5 Challenge conversation is a judgement-free zone. Be open, understanding, and empathetic.

Let it flow

Resist the temptation to push conversation in a particular direction.

Be a listener

Adults have a tendency to problem solve. Try to ask guiding questions instead of dispensing advice.



If you or a loved one needs to talk to someone

- Talk with someone you know and with whom you feel comfortable.
- Talk with someone you don't know who has been trained to help.
- Talk with a mental health professional.
- Find a counseling or health center.
- Find a support group.
- It's okay to ask for help.



Coping strategies



Taking a walk can help calm the mind.



Box Breathe: Close your eyes. Breathe in through your nose for 4 seconds. Hold the breath for 4 seconds. Breathe out through your nose for 4 seconds. Hold the breath for 4 seconds. Repeat 4 times.



Write your thoughts and feelings down without judgement. Try to identify your hopes, fears, and triggers.



Talk to a trusted friend, teacher, or loved one, or you can text "Home" to 741741 to reach a crisis counselor for support.



3-3-3 Rule: Name 3 things you can see – Identify 3 sounds you can hear – Move 3 parts of your body



Stretch each day for 10 minutes. Eat a healthy meal. Drink water to increase hydration. Get some fresh air outside. Wash your face. Take a shower. Keep bedtime consistent.



Rainbow Grounding: Identify and name 1 red object, 1 orange object, 1 yellow object, 1 green object, and 1 blue object



Use positive affirmations to flip the script on negative self-talk (e.g., saying, "I believe in myself," instead of, "I can't do this.")



Explore self-care apps to use on your mobile device. They can offer daily reminders to focus on your mental and physical wellness, track your moods, provide guided exercises to help you re-center, and much more.



My self care notes:

Self care is important to maintaining a healthy relationship with yourself. It means taking care of our minds, bodies, and souls by engaging in activities that promote well-being and reduce stress. Self care enhances our ability to live fully, vibrantly, and effectively.

Resources for families



More resources here

Help is always available

National Suicide Prevention Lifeline

Available 24 hours. Languages: English, Spanish.
800.273.8255

Children's Hospital New Orleans Behavioral Health Center

504.896.7200
chnola.org/behavioralhealth

COPE Crisis Line

Provides free, confidential crisis counseling, suicide prevention, and information and referral services
24-hours a day, 7 days a week.
504.269.COPE

Teen Text Line

Dial 211 for information and referrals for social services
504.481.5625

NOFJC Crisis Hotline

504.866.9554

Metro 24 HR Hotline

504.837.5400

In the daily tracker below, take notes on the conversations you had that were interesting, helpful or meaningful to you. **Who did you talk to? What made you happy? How did you help someone else?**

Take the High 5 Challenge

5 minutes. Real talk. Every day.

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday

