



## Mental Health & Emotional Well-Being

# 25 Questions to Get the Discussion Going

The teen years can be emotionally overwhelming. Many teens are carrying stress, pressure, anxiety, loneliness, and emotions they don't always know how to talk about.

That's why House of Hope created these Brave Conversation Cards: Mental Health & Emotional

Well-Being to help parents and teens start honest conversations about emotions, support, stress, and mental health in a safe and meaningful way. Simply print the cards, cut them out, and draw one during dinner, a car ride, or a one-on-one outing with your teen. You can also invite them to turn the tables and ask you a question! There's no perfect way to use them.

The goal is simply to create space for honest, brave conversations that help teens feel seen, heard, and supported.

***Let's start the conversation!!***



Who do you enjoy spending  
time with?

**Question:**

What's your favorite way  
to recharge?

**Question:**

What's something that makes  
you laugh?

**Question:**

What usually puts you in a good  
mood?

**Question:**

HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



What's something you keep  
to yourself?

**Question:**

Is it easy or hard to talk  
about feelings?

**Question:**

What do you do when you feel  
sad or frustrated?

**Question:**

What emotions do you feel  
most often?

**Question:**

HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



# Question:

Do you feel pressure to act like  
you're "fine"?

# Question:

What helps when things  
feel overwhelming?

# Question:

What feels heavy lately?

# Question:

Do you ever feel misunderstood?

HOH  
HOUSE of HOPE



Brave  
Conversations

HOH  
HOUSE of HOPE



Brave  
Conversations

HOH  
HOUSE of HOPE



Brave  
Conversations

HOH  
HOUSE of HOPE



Brave  
Conversations

Who do you trust with hard stuff?

**Question:**

What support feels most helpful?

**Question:**

What helps you feel seen?

**Question:**

What do you wish people noticed  
more about you?

**Question:**

HOH  
HOUSE of HOPE



Brave  
Conversations

HOH  
HOUSE of HOPE



Brave  
Conversations

HOH  
HOUSE of HOPE



Brave  
Conversations

HOH  
HOUSE of HOPE



Brave  
Conversations

What reminds you that you matter?

**Question:**

What helps you feel hopeful on tough days?

**Question:**

What gives you comfort?

**Question:**

What helps you feel grounded?

**Question:**

HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



Question:

(Choose Your Own)

Question:

(Choose Your Own)

Question:

What helps you keep going?

Question:

What's one thing you're grateful for?

HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE



HOH  
HOUSE of HOPE

