

Let's Talk:

Mental Health Conversation Cards



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What is one small thing that usually makes your day better?

SELF-CARE & WELL-BEING



How do you notice when you need to take a break?

SELF-CARE & WELL-BEING



If you could design your perfect rest day, what would it look like?

SELF-CARE & WELL-BEING



What is your favourite way to relax after a busy day?

SELF-CARE & WELL-BEING



What healthy habits do you already have that make you feel good?

SELF-CARE & WELL-BEING



What new self-care activity would you like to try in the future?

SELF-CARE & WELL-BEING



How do you find balance between school, friends, and time for yourself?

SELF-CARE & WELL-BEING



What food or drink always makes you feel comforted?

SELF-CARE & WELL-BEING



How do you look after your body when you feel tired or low on energy?

SELF-CARE & WELL-BEING



What helps you feel calm when you are stressed?

SELF-CARE & WELL-BEING



What usually makes you feel happy?

EMOTIONS & FEELINGS



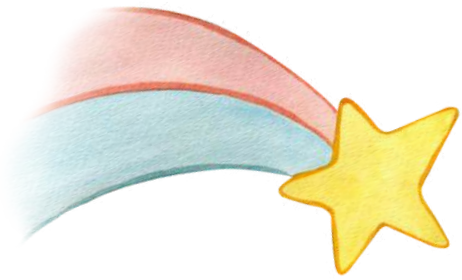
Who do you talk to when you feel sad or worried?

EMOTIONS & FEELINGS



How do you usually show
when something is
bothering you?

EMOTIONS & FEELINGS



What is one healthy way you
let out anger or frustration?

EMOTIONS & FEELINGS



What three words would
describe you on a good day?

EMOTIONS & FEELINGS



What helps you when you are
feeling low?

EMOTIONS & FEELINGS



Can you remember a time you
felt proud of yourself?
What happened?

EMOTIONS & FEELINGS



What do you normally do
when you feel nervous?

EMOTIONS & FEELINGS



What does "good mental health" mean to you?

EMOTIONS & FEELINGS



What song, film, or book always lifts your mood?

EMOTIONS & FEELINGS



What makes someone a good friend?

FRIENDSHIPS & SOCIAL LIFE



How do you show your friends that you care about them?

FRIENDSHIPS & SOCIAL LIFE



How do you usually sort out disagreements with friends?

FRIENDSHIPS & SOCIAL LIFE



Have you ever felt left out?
What helped you cope?

FRIENDSHIPS & SOCIAL LIFE



How do you deal with
peer pressure?

FRIENDSHIPS & SOCIAL LIFE



What is one quality you admire
in your closest friend?

FRIENDSHIPS & SOCIAL LIFE



How has social media
affected your friendships?

FRIENDSHIPS & SOCIAL LIFE



What is one of your happiest
memories with a friend?

FRIENDSHIPS & SOCIAL LIFE



How do you support a friend
when they are going through
something tough?

FRIENDSHIPS & SOCIAL LIFE



What makes you feel
included in
a group of friends?

FRIENDSHIPS & SOCIAL LIFE



What signs show you are stressed (in your body or your thoughts)?

STRESS & ANXIETY



What thought helps you when you are worried?

STRESS & ANXIETY



What activities help you calm down when you feel tense?

STRESS & ANXIETY



Can you remember a time you were anxious but managed to cope? if they seem far-fetched?

STRESS & ANXIETY



How do you get ready for a test, exam, or big event?

STRESS & ANXIETY



Are there places or situations that make you feel more anxious?

STRESS & ANXIETY



What changes in your body when you feel nervous (like racing heart, sweating)?

STRESS & ANXIETY



What helps you when life feels overwhelming?

STRESS & ANXIETY



What is one change you could make this week to lower stress?

STRESS & ANXIETY



How do you handle pressure from school or family expectations?

STRESS & ANXIETY



What are three things you like about yourself?

CONFIDENCE & GOALS



What situations make you feel confident?

CONFIDENCE & GOALS



Who encourages you to believe
in yourself?

CONFIDENCE & GOALS



What is one dream you have for
your future?

CONFIDENCE & GOALS



What is one small step you
could take towards a goal?

CONFIDENCE & GOALS



Who inspires you the most?
Why?

CONFIDENCE & GOALS



What helps you keep going when
things feel hard?

CONFIDENCE & GOALS



What does "believing in
yourself" mean to you?

CONFIDENCE & GOALS



How do you celebrate your
achievements?

CONFIDENCE & GOALS



What is one skill you would love
to learn one day?

CONFIDENCE & GOALS



Can you think of a challenge
you faced and what you
learnt from it?

COPING & RESILIENCE



What helps you bounce back
after a tough day?

COPING & RESILIENCE



What do you do to cope with
negative thoughts?

COPING & RESILIENCE



Where is a place that makes
you feel calm and safe?

COPING & RESILIENCE



What healthy distraction works for you when you feel upset?

COPING & RESILIENCE



When have you shown courage, even if you were scared?

COPING & RESILIENCE



How do you know when it is the right time to ask for help?

COPING & RESILIENCE



What does resilience mean to you?

COPING & RESILIENCE



How do you move forward after making a mistake?

COPING & RESILIENCE



What advice would you give a friend who feels stuck?

COPING & RESILIENCE



What makes you feel most like yourself?

IDENTITY & BELONGING



Who in your life makes you feel truly understood?

IDENTITY & BELONGING



When do you feel most accepted for who you are?

IDENTITY & BELONGING



Do you ever feel pressure to "fit in"? How do you handle it?

IDENTITY & BELONGING



What is something unique about you that you value?

IDENTITY & BELONGING



What personal values or beliefs are important to you?

IDENTITY & BELONGING



Where or with whom do you feel
you belong? towards
overcoming it?

IDENTITY & BELONGING



How do you stay true to
yourself when others expect
something else?

IDENTITY & BELONGING



Who is someone that makes you
feel comfortable just being
yourself?

IDENTITY & BELONGING



What does the word "identity"
mean to you?

IDENTITY & BELONGING



What do you usually say to
yourself when you make a
mistake? How could you be
kinder in that moment?

THINKING DEEPER



What is one situation you
avoided because of fear? What
might happen if
you faced it instead?

THINKING DEEPER



How do you usually react when someone disappoints you? What is another way you could respond?

THINKING DEEPER



What is one problem you have been putting off? What is a small step you could take towards it?

THINKING DEEPER



Can you remember a time when you felt truly safe and supported? What made you feel that way?

THINKING DEEPER



If your best friend was struggling the way you are now, what advice would you give them?

THINKING DEEPER



What thought comes back to you often that you know is unhelpful? What could you replace it with?

THINKING DEEPER



When you feel strong emotions, what do you notice first in your body? How could this help you recognise your feelings earlier?

THINKING DEEPER



What is something you wish other people understood about your feelings?

THINKING DEEPER



What helps you move forward after something really difficult happens, instead of getting stuck?

THINKING DEEPER



About this Resource

Mental Health Conversation Cards for Teens are a free printable PDF tool designed to support young people in exploring their thoughts, feelings, and everyday challenges. These cards make it easier to start important conversations about mental health, emotional well-being, stress, friendships, confidence, identity, and resilience in a safe and supportive way.

The cards can be used by teachers, youth workers, counsellors, social workers, foster carers, and parents to encourage open dialogue with teenagers. They are also suitable for one-to-one sessions, small groups, classrooms, or at home.

Each set includes a wide range of easy-to-understand questions across key topics such as:

- Self-care and well-being – building healthy habits and daily routines
- Emotions and feelings – recognising and expressing emotions
- Friendships and social life – exploring relationships and peer pressure
- Stress and anxiety – managing worries and coping with challenges
- Confidence and goals – boosting self-esteem and motivation
- Coping and resilience – learning strategies to recover from setbacks
- Identity and belonging – understanding self-image and acceptance
- Thinking Deeper – reflective prompts designed to support therapy, counselling, and deeper self-exploration

These cards encourage teenagers to reflect on their experiences, share their stories, and learn coping strategies in a positive and engaging way. By using them regularly, adults can help young people build skills in self-awareness, communication, problem-solving, and emotional regulation.

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