

#JUSTTALK

Iain Lee, presenter on Twitch, spoke to us about the Just Talk campaign and why talking about mental health is so important.

We asked him, 'When you're feeling low yourself, how do you communicate about that with your children?'



"Sometimes I'm with my boys on really low days, and I talk to them in an age appropriate way. There's no set language or right way of doing it, you know your own kids. What is appropriate for my 8 year olds may be babyish for another person's 8 year old, or too advanced for another. You know your kids. But I say to them that I have this illness that makes me sad sometimes, and that can make me very unhappy, and can make me be angry with you or not want to talk to you, or whatever, and I'm aware of it and seeing a doctor about it. And if you catch me being a bit grumpy or angry when I don't need to be, you are welcome to call me out on it and get me to check my behaviour. They're aware that I'm ill and they're aware of a tiny percentage of what that illness means. And as they get older I'll talk to them more and more about it".