

Family Communication

10 Questions on a Tuesday

Share resources with families that will help them to support their children's mental wellness at home.



How to use this resource

This family communication shares a resource from the National Alliance on Mental Illness (NAMI) for families to use at home with their students to promote conversation and connection supporting mental wellness. Customize and share this memo with families to strengthen educator-family or coach-family partnership and to help families build their understanding of how to support their children's mental wellness.

To customize this memo, copy and paste the text and personalize all highlighted fields. Alternatively, select "File" and "Make a copy" to create your own editable version of this template.

Memo text

Date

Dear families,

I thought you might like to try NAMI's [10 Questions on a Tuesday](#) with your child/teen at home in the coming weeks. It offers simple weekly prompts that encourage reflection, connection, and matter-of-fact conversation about mental wellness.

If you try it at home, let me know how it goes! And as always, feel free to reach out with questions.

Sincerely,

Your name here