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## CONVERSATION STARTERS ABOUT

# MENTAL HEALTH



### "ARE YOU OKAY?"

Ask the question and mean it. Show you are listening by sitting alongside the person, maintaining an open body position and maintaining comfortable eye contact.



### "ARE YOU THINKING ABOUT SUICIDE?"

If you are concerned that someone is considering suicide, ask the question directly. Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.



### "I'VE NOTICED THAT..."

Open the conversation by explaining behavior changes you have noticed. For example, "I've noticed you have been showing up to work late a lot lately." Then, express genuine concern.



### "DO YOU WANT TO TAKE A WALK?"

Engaging a friend, family member or loved one you are concerned about in a healthy activity like taking a walk together can be a great way to start a conversation. Doing an activity while you talk can take some of the nerves and discomfort out of the conversation.



### "HOW ARE YOU, REALLY?"

Sometimes when someone says they're fine, they're not. Know the warning signs to look for so you can know when to offer extra support.

BE THE **1** TO MAKE A **DIFFERENCE**



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