

How you can kickstart a conversation.

Don't shy away from speaking with your family, friends or colleagues about Mental Health. That said, kickstarting the conversation can be daunting for some. Here are some tips for getting started.

Let the person know you are concerned about them and create an environment where they can open-up. You could try saying:

- "I'm worried about you. How about we chat?"
- "I have been noticing you are (sad / distant / angry / not yourself). What has been going on for you?"
- "You haven't been acting like yourself lately, how about we have a chat about what's going on?"

REMEMBER...

Don't worry if you don't think you've found the perfect thing/s to say.

Research has revealed that just offering your support is one of the greatest things you can do. Let the person know you are there to support them in any way and every way you can.



HOW ARE YOU?