

# How to talk to your loved ones about their mental health.

- Take what people have to say seriously
- Prepare yourself to LISTEN, not to solve their problems
- Give them time to think after you ask a question
- Encourage action. One of the most powerful questions you can ask someone is “How would you like me, to help you?”

Research suggests that there is really no right or wrong thing to say to someone who might be struggling, as long as you approach them with authenticity and the genuine intent to help.

## REMEMBER...

Try not to take it personally if your loved one doesn't want to talk to you about what's going on - but don't give up. Patience, patience, patience.

Your interest shows them that you're willing to talk about their mental health whenever they are ready.

