



CONVERSATION STARTERS ABOUT **MENTAL HEALTH**

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"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.



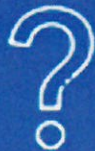
"I'VE NOTICED THAT..."

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 