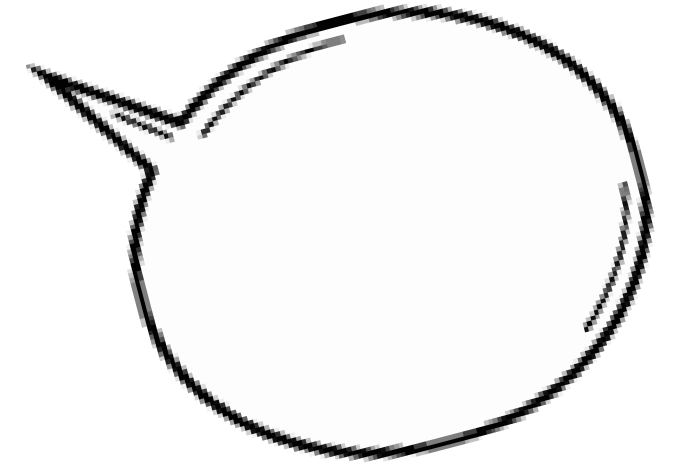


Tips for Talking about Mental Health



1) ASK THE QUESTION

Ask are you okay? Ask twice if needed and show you care.



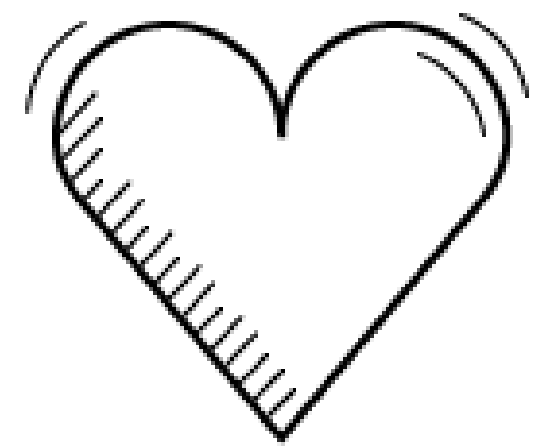
2) LISTEN

Really listen to what they have to say.



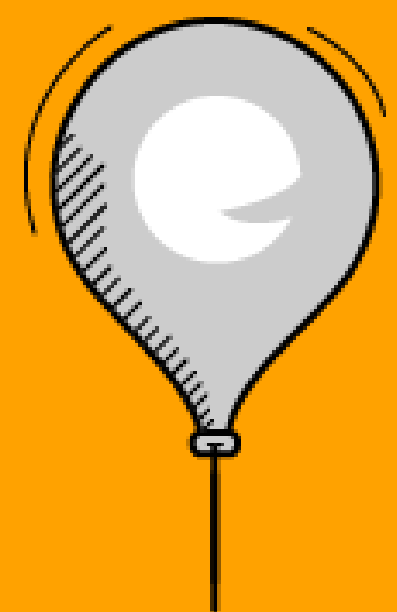
3) REASSURE

Let the person know that what they tell you will remain confidential.



4) KINDNESS

Show empathy and kindness. Let the person know that you're there for them.



5) FIND A SAFE SPACE

Have the conversation in a space, comfortable space.



6) ASK FOR HELP

Look after yourself and ask for help if you need to. You can find more links to support on our website.

