Tips for Talking about MENTAL HEALTH

If you have concerns about someone's mental health, talking to them about it can make a real difference.

- 1. Let them share at their own pace. Don't pressure them to tell you anything they aren't ready to talk about.
- 2. Don't try to diagnose their feelings. Try not to make assumptions about what is wrong or jump in too quickly with your own solutions.
- **3. Keep questions open ended.** Give them time to answer and try not to grill them with too many questions.
- 4. Actively listen. By showing you understand how they feel, you are letting them know you respect their feelings.
- 5. Offer them help in seeking professional support. You might want to offer to go a doctor's visit with them or help them talk to a friend or family member.

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If someone you know is in crisis and needs help urgently,

ndation; FindYourWords Sources: Mental Health For

call 988, text **WORDS to 741-741** or call 911.



