



**If you're worried about someone
start by asking "Are you OK?"**



No, I'm not OK.

Dig a bit deeper:

Yes, I'm fine.

But your gut says they're not:



"What's been happening?"

"It's just that you don't seem to
be your usual self lately."



"Have you been feeling
this way for a while?"

"I'm always here if
you want to chat."



"I'm ready to listen
if you want to talk."

"Is there someone else
you'd rather talk to?"



Listen with an open mind



Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"



Make time to check in:

"Let's chat again next week."