

# GIVE THE GIFT OF CONVERSATION

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

**No, I'm not OK.**

Dig a bit deeper:

"What's been happening?"

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

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

**Yes, I'm fine.**

But your instinct says they're not:

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

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

"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."