

# STARTING THE CONVERSATION AROUND MENTAL HEALTH

Talking about mental health with loved ones isn't easy, but starting the conversation helps everyone around you. Oftentimes just talking about mental health can be the first step to understanding someone's headspace.



## HERE ARE SOME TIPS TO GET YOU STARTED.



Let people know you're willing to talk about mental health by being open about your own.



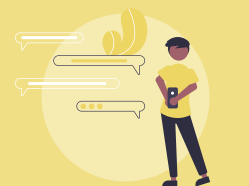
At the end of the day, showing someone that you're there for them is the most important part of being an ally.



There's no stigma around talking about a cold or a recent doctor's appointment, and it should be the same for mental health.



You may not always be able to speak with someone the moment you notice that they might be struggling. It's fine to check in with them at another point soon after.



Let people know you're available to talk at a time that's right for them.

## TRY THESE QUESTIONS TO GET THE CONVERSATION GOING:

