

HOW TO HAVE THE CONVERSATION

You don't have to be an expert to talk about mental health. If your friend broke an arm or had an operation, you probably wouldn't think twice about asking how they were. Anyone can experience a mental health problem, so being able to talk about it helps everyone.

WHAT TO SAY

Thanks for opening up to me.

How can I help?

I'm sorry to hear that. It must be tough.

I'm here for you when you need me.

I love you.

Let me know if you need anything.

How are you feeling today?

Just deal with it.

It could be worse.

You've got to pull yourself together.

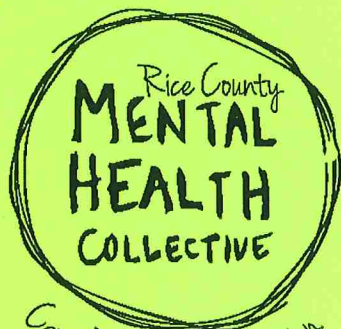
Everyone feels that way sometimes.

Snap out of it.

We've all been there.

Cheer up.

WHAT NOT TO SAY



Conversation tips on the back!

“What to say” and conversation tips from:
makeitok.org, time-to-change.org.uk