

HOW ARE YOU?

MENTAL HEALTH IS HOW WE: **THINK, FEEL, ACT**

When we ask someone “**HOW ARE YOU?**” and truly mean it, we are asking about their mental health.

In addition to “**HOW ARE YOU?**”, there are many ways to ask someone about their mental health:

Can we talk about how you're doing?

Tell me about your life these days.

What are you doing to de-stress?

What is your support system like?

Who are you talking to about your feelings these days?

How's your head?

What are you thinking about these days?

You don't seem quite like yourself lately, can you tell me what is bothering you?

I know you're going through some stuff. I am here for you.

CHALLENGE:

Have a conversation with a friend, family member, someone you love, a coworker. Ask them “HOW ARE YOU?” or a different mental health question from the front of this handout and mean it, allowing space for honesty.

TIPS ON HOW TO HAVE THIS CONVERSATION:

- Be present to actively **LISTEN**
- **SHOW THEM THAT YOU ARE PAYING ATTENTION** by leaning into the conversation, making eye contact, and nodding your head
- Avoid interrupting
- Prepare for responses that might be hard to hear, because you care about this person
- **THANK THEM** for sharing about their lives
- Let them know that what they are feeling is okay and **THERE ARE THINGS THAT THEY CAN DO TO COPE AND GET HELP**
- **ASK THEM PERMISSION** to share your own advice, help, or ideas
- Give examples of how you cope and **ASK THEM WHAT THEY’RE DOING TO COPE**

For more advice, visit listenfirstproject.org/tips

REFLECT:

1. How did that conversation go?

2. What went well?

3. What is your plan to follow up?

