

HOW ARE YOU?

MENTAL HEALTH IS HOW WE:



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.

To provide compassionate support for friends, family, and neighbors so that all that thrive, we can:

Ask "How are you?"
in a genuine way

Share that we all have mental
health, and there are things we can
do to better or worsen our health

Ask "What are you
doing to cope?"
and "Who else
are you talking to
about this?"

Use active listening
and offer validation
(for example,
say "Thank you for
sharing that.")

Do NOT ask questions about
experiences with trauma

Offer to connect
others with
resources to
support their
mental health

Define mental
health as how we
think, feel, and act

Know the five signs that someone
might be struggling (personality
change, agitation, withdrawal, poor
self care, and hopelessness)

CHALLENGE:

Have a conversation with a friend, family member, someone you love, a coworker, or even a stranger. Ask them "HOW ARE YOU?" (or a different question from this handout), and really 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 and
nodding your head

**GIVE THEM
TIME** to
speak

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 FOR THEIR
PERMISSION**
to share your
own advice, help,
or ideas

Give examples of
how you cope, and
**ASK THEM WHAT
THEY'RE DOING
TO COPE**

REFLECT:

1. How did that conversation go?

2. What went well?

3. What is your plan to follow up?

