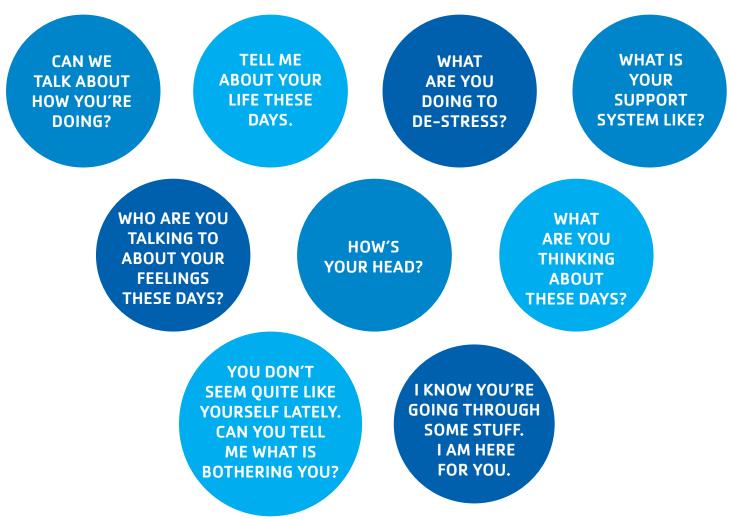
HOW ARE YOU?

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:



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

Ask "How are you?" in a genuine way

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

Define mental health as how we think, feel, and act Share that we all have mental health, and there are things we can do to better or worsen our health

Do NOT ask questions about experiences with trauma

Know the five signs that someone might be struggling (personality change, agitation, withdrawal, poor self care, and hopelessness) Ask "What are you doing to cope?" and "Who else are you talking to about this?"

Offer to connect others with resources to support their mental health

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

For more advice, visit listenfirstproject.org/tips

1. How did that conversation go?

2. What went well?

3. What is your plan to follow up?



