

Tips For Having A Conversation

► Things to consider before you have the conversation:

1. Am I feeling OK to have this conversation?
2. Where will I have the conversation?
3. What will I say to get things started?
4. What support is available?

► Setting the scene

- Try and find a quiet place where you won't be overheard.
- It is easier to talk if you are doing something:
 - Go for a walk in a park.
 - Catch up for a coffee.
 - Go for a drive.
 - Do an activity together you know they usually enjoy such as kicking a football so that you can talk while the focus is not entirely on them.

► Tips for starting the conversation

1. Share your own struggles.
2. Express your concern, followed by your observation.
3. Ask twice.



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► Tips to get them talking

1. Let them do most of the talking.
2. Remember this is not about you.
3. Gently encourage with listening, reflection and open-ended questions.

► Remember to ask:

- “What has helped you previously?”
- “What support would you like?”

► Recommend professional help

- It is important you do not try to diagnose a mental illness.
- Do not try to solve their problems – but you can ask them what might help.
- Recommend professional help if you are concerned.

“You look upset, want to go for a walk”

“How are you, *really*”

“I’m worried about you, I’ve noticed...”

“I’ve had a pretty rough week, how’s your’s been”

“When I’ve been through tough times it’s really helped to talk”

“Things are really hard for a lot of people right now, how are you coping”