

What you can say When someone talks to you about their Mental Health

 @BELIEVEPHQ

- ✓ I am proud of you
- ✓ Thank you for sharing that with me
- ✓ Is there anything I can do for you?
- ✓ Everything will be okay
- ✓ We can overcome this together
- ✓ Can I help you in anyway?
- ✓ I will help you to get through this
- ✓ I am always here for you
- ✓ Take as long as you need
- ✓ I am here when you need me
- ✓ This feeling won't last forever
- ✓ Would you like any extra support?
- ✓ What can I do to help?
- ✓ Do you need some time and space?
- ✓ How can I help you?
- ✓ I know that must have been hard for you
- ✓ You have been really brave talking about that
- ✓ Would you like me to check in on you regularly?

**#Get
the
FACTS**

**WHERE TO CALL FOR HELP
IN OUR COMMUNITY**

Access the
monthly
Snapshots

