



If you're worried about someone start by asking "Are you OK?"

No, I'm not OK.

Dig a bit deeper:

"What's been happening?"

"Have you been feeling this way for a while?"

"I'm ready to listen if you want to talk."

Yes, I'm fine.

But your gut says they're not:

"It's just that you don't seem to be your usual self lately."

"I'm always here if you want to chat."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing your doctor?"

Make time to check in:

"Let's chat again next week."

RUOK? DAY™

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