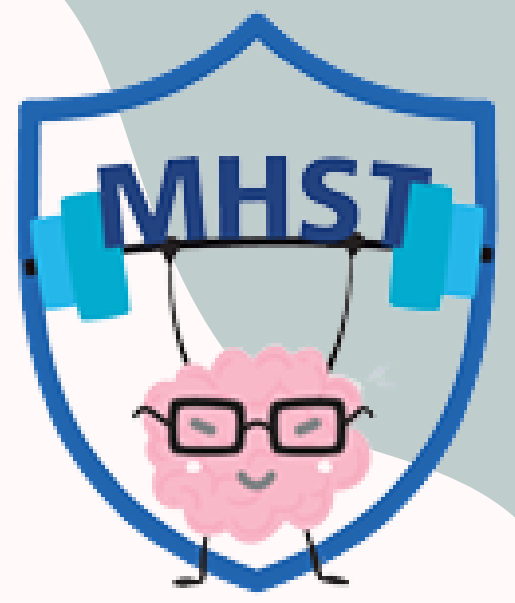




# Conversation Starters



IDEAS FOR STARTING A CONVERSATION ABOUT MENTAL HEALTH

IS THERE ANYTHING YOU WANT TO TALK ABOUT?

WHAT CAN I DO TO HELP?

WHAT MAKES YOU FEEL CALM?

HOW ARE YOU FEELING?

I HAVE NOTICED THAT... (YOU'VE BEEN ARRIVING LATE TO CLASS / YOU HAVEN'T COMPLETED YOUR HOMEWORK RECENTLY)

I CAN SEE THINGS ARE HARD FOR YOU, BUT YOU HAVE DONE THE RIGHT THING ASKING FOR HELP.

I AM HERE TO LISTEN IF YOU WANT TO TALK.

YOU SEEM...(DOWN, DISTANT, ANGRY, UPSET)

ASKING FOR HELP IS THE HARDEST PART AND YOU HAVE BEEN REALLY BRAVE

DO YOU FIND IT DIFFICULT TO TALK ABOUT YOUR MENTAL HEALTH?

Although the person may not be ready to talk, often they are waiting for someone to reach out.