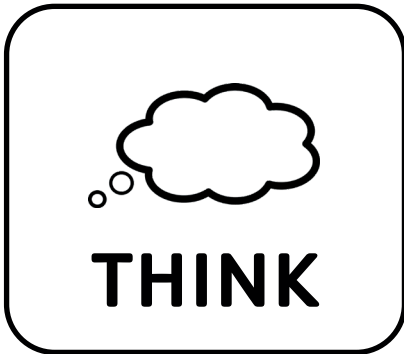


HOW ARE YOU?

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:

CAN WE
TALK ABOUT
HOW YOU'RE
DOING?

TELL ME
ABOUT YOUR
LIFE THESE
DAYS.

WHAT
ARE YOU
DOING TO
DE-STRESS?

WHAT IS
YOUR
SUPPORT
SYSTEM LIKE?

WHO ARE YOU
TALKING TO
ABOUT YOUR
FEELINGS
THESE DAYS?

HOW'S
YOUR HEAD?

WHAT
ARE YOU
THINKING
ABOUT
THESE DAYS?

YOU DON'T
SEEM QUITE LIKE
YOURSELF LATELY.
CAN YOU TELL
ME WHAT IS
BOTHERING YOU?

I KNOW
YOU'RE GOING
THROUGH SOME
STUFF.
I AM HERE
FOR YOU.

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:

1.

Be present
to actively
LISTEN

2.

**SHOW THEM THAT YOU
ARE PAYING ATTENTION**
by leaning into the
conversation,
making eye contact, and
nodding your head

3.

Avoid
interrupting

4.

Prepare for responses
that might be hard to
hear because you care
about this person

5.

THANK THEM
for sharing about
their lives

6.

Let them know
that what they are
feeling is okay, and
**THERE ARE THINGS
THAT THEY CAN DO TO
COPE AND GET HELP**

7.

**ASK FOR THEIR
PERMISSION**
to share your own
advice, help, or ideas

8.

Give examples of
how you cope, and
**ASK THEM WHAT
THEY'RE DOING
TO COPE**

For more advice, visit listenfirstproject.org/tips

REFLECT:

1. How did that conversation go?
2. What went well?
3. What is your plan to follow up?