

# HOW TO RESPOND WHEN SOMEONE TALKS TO YOU ABOUT THEIR MENTAL HEALTH

 @BELIEVEPHQ

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- ✓ 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?