

ASK RUOK?

or something like this:

"How are you going?"

No, I'm not OK.

Ask questions to
help them open up:

"What's been going on?"

"How long has that
been going on for?"

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

Yes, I'm fine.

But you're
concerned they're not:

"It's just that I've noticed
some changes."

"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 a professional?"

Make time to check in:

"Let's chat again next week."