



## **Getting a Pulse on Your Friends and Families Mental Health**

In an time of stress coming from multiple directions its important to keep tabs on those close to whether that be family friends or in some cases even co-workers. It's hard to know exactly how to approach the conversation without coming off as intrusive or overbearing. There are subtle ways to get a pulse check on the mental heath you care about. In some situations a simple question can trigger a larger conversation are get that person to reevaluate where they are at mentally.

Here are a few tings to keep in mind when starting these hard conversation:

Spend as much time as you want on each question.

Stay engaged with follow-up questions.

Keep things judgment-free.

You don't have to be an expert, you just have to listen.

Stay in touch after, and don't be afraid to connect them to resources.

If you do believe that someone is at risk and you need to have a conversation here are couple of questions to get things started.

How are you feeling today, really?

What's taking up most of your head space right now?

How have you been sleeping?

What did you do today that made you feel good?

What's something you can do today that would be good for you?

What's something you're looking forward to in the next few days?

What's something we can do together this week, even if we're apart?

What are you grateful for right now?