SOFT START CONVERSATIONS

How to start a conversation about mental health

thinkmentalhealthwa.com.au

Choose a comfortable environment with no distractions.

Go for a walk, kick a ball at the park, go out to for a drink/treat.

Start the conversation with changes you've noticed, and ask if they would like to talk.

Ex.: "I've noticed you haven't been going out lately, is there anything you'd like to talk about?" "You don't seem yourself lately, is anything going on?"

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Be a good listener. Validate what they are saying. Don't rush the conversation, interrupt, or try to give advice.
Ex.: "That must be really hard." "I understand." "What happened next?" "What can I do to support you with this?"

Use positive body language.
Sit/stand upright, use comfortable eye contact, nod occasionally to show you are listening and understand what they are saying.

Validate, thank them for sharing, and reassure that you are there to help how you can. Continue to check in with them and take care of yourself too!
Ex.: "Thank you for trusting me enough to share your feelings."

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