How to Have a Mental Health Convo

Do.....	Don't....
Listen and allow that person to feel heard	Offer solutions, "fix," or diagnose
Allow stretches of silence so the person can process	Say how lucky they are or how they should feel
Tell the person you are honored they trust you	Start any sentence with the phrase, "You should.."
Accept that you may feel uncomfortable. That's OK.	Tell them their feelings are a "choice"

MENTAL HEALTH AWARENESS EDUCATION

How to Have a Mental Health Convo

Do.....	Don't....
Listen and allow that person to feel heard	Offer solutions, "fix," or diagnose
Allow stretches of silence so the person can process	Say how lucky they are or how they should feel
Tell the person you are honored they trust you	Start any sentence with the phrase, "You should.."
Accept that you may feel uncomfortable. That's OK.	Tell them their feelings are a "choice"

MENTAL HEALTH AWARENESS EDUCATION