

# #RealConvo Guide

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## Start (and Continue!) a Conversation about Mental Health

You don't need special training to have an open,  
authentic conversation about mental health.



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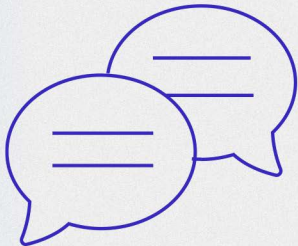
# Let people know you're willing to *talk* about mental health.

**The easiest way to let people know you're willing to talk about mental health is to be open about your own. Allow it to come up naturally in conversation.**



# What can you say to someone you think may be struggling?

**Trust your gut if you think someone's having a hard time, and speak to them privately. Start with an expression of care, followed by an observation.**



## **The timing doesn't have to be perfect.**

**You may not always be able to speak with someone the moment you notice they might be struggling. Sometimes creating some space is the perfect thing to do. Let them know you can have the conversation at a time that's right for them.**

## What if they hesitate?

The other person might worry that sharing how they feel will be a burden to others. In your own words, tell them: "I want to be here for you. I get that life is complex – so I'm here to listen and support you."



**Would they be more comfortable *talking* to someone else?**

**If you suspect the other person might be more comfortable talking with someone else, you can offer to help connect them.**



# What if they tell you they really are having a hard time?

Reassure them that it's okay to talk about. Then ask for more detail, and let them know they can go to that dark place with you. And make sure to include that getting help from a mental health professional can truly make a big difference in their situation. Offer to support them in connecting to help.

## **When the conversation's winding down...**



**End the conversation by reiterating that you are so glad for the chance to connect on this deeper level about such meaningful things in life. Remind them that we all have challenges at times, and that you'll continue to be there for them.**



## **You've had a #RealConvo about mental health!**

**You should be proud of yourself for having a #RealConvo with someone! But don't just leave it at that. Follow up to let them know it was okay to open up, that you care, and that you're still a "safe" person to *talk* to about mental health.**

*Talk*  
away  
the  
dark



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