

HOW CAN YOU TALK ABOUT MENTAL HEALTH?

STICHTING
**Open
mind**
BEELD LINELLE DEUNK

DO

- Ask: how do you feel?
- Lend a listening ear
- Ask how you can help
- Be reluctant to offer advice
- Let others ride the wave of the emotions they experience and let them know that it's okay
- Undertake things together (without imposing)

DON'T

- Try to solve the problem
- Don't say:
 - "You know what helps? Exercising!"
 - "Just try to think of something else"
 - "You just need to get out more often"

Scan the QR-code
for help & info

