



cut

fold

tips for talking

**Stop the silence**

If someone discloses that they have a mental illness, they are opening up to you in a big way. Ask questions, show concern, but keep the awkward silence at bay.

**Be nice**

It sounds simple enough, but try to say the right things with openness, warmth and caring.

**Listen**

The fact that you are there can make a world of difference, so in your conversation, try to err more on the side of listening.

**Keep in contact**

Offer availability by phone, text, email, or time to meet up. Just be there.

more tips for talking

**Don't ignore it.**

- Don't be afraid to ask about the well-being of another if you think they might be hurting. Trust your senses.

**Offer help**

- Everyone is different. They may want very specific help or no help at all.
- Either way, you can always ask and be open to the answer.

**Keep the conversation moving**

- It's ok to talk about other things to keep silent lulls out of conversation; as long as they know you're completely open to revisiting the topic later.

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