

# JUST CHECKING IN

*We want to make it easy to check in on each other.  
These tips can help you have a supportive conversation.*

## HOW TO ASK: *Different ways to start a conversation about Mental Wellness*



“ Just wanted to check in with you.  
How are you doing? ”

**ASK GENUINELY.** There are no special words. Being authentic is more important than what you say.

“ How are you feeling today?  
How are you feeling right now? ”

**ASK ABOUT TODAY.** It can be overwhelming to think about your overall emotional health if you are struggling. Focusing on the moment can be helpful.

“ Just checking in. You seem a little down today.  
How are you doing? ”

**ASK DIRECTLY.** Letting someone know you want to hear about mental health can help them feel okay about opening up to you.

“ I just wanted to check in on how you are  
doing today. I’m thinking of you. ”

**ASK REGULARLY.** If you think someone is struggling, make it an expected part of the conversation that you’ll ask how they are, even if they don’t want to talk that day.

“ I’ve really been anxious lately with everything  
that is going on. How have you been? ”

**SHARE HOW YOU ARE FIRST.** Being open about your struggling can help normalize what others are going through.

“ This meme made me think of you! ”

**TALK TO THEM ABOUT THINGS OTHER THAN MENTAL HEALTH TOO.** Connect over other aspects of your relationship.

## HOW TO ANSWER: *Different ways to respond to someone who is struggling*

“ Thanks for sharing that. Tell me more  
about what’s going on. ”

**STAY CALM.** If someone lets you know they are having a hard time, it is because they trust you to listen. You don’t need any special skills other than being yourself.

“ I’ve been having a lot of anxiety lately too. ”

**BE OPEN ABOUT YOUR OWN STRUGGLES WITHOUT COMPARING.** Normalizing mental health challenges is helpful.

“ How long have you been feeling like this?  
What things have been helpful or not helpful? ”

**ASK FOLLOW-UP QUESTIONS.** Let them know you are interested by asking for more information.

“ I’ve been thinking about you since we talked.  
How are you doing today? ”

**CHECK BACK IN REGULARLY.** Let them know they’re on your mind.

“ That sounds really hard. ”

**VALIDATE THEIR FEELINGS.** Comparing their situation to other people or letting them know why things aren’t so bad is not helpful. Acknowledge that they aren’t ok.

“ I’m thinking of having a get together  
next week. What night works best for you? ”

**FIND WAYS TO STAY CONNECTED.** Social connection is critical for mental health.

