

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.

“ 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’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.

“ 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.

“ 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.

“ 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.

“ 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.

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

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

“ 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.

“ 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.

