

STARTING A CONVERSATION

If you think someone that you care about is struggling it can be hard to start a conversation with them about what is going on in their life. If a face-to-face talk is too intimidating, you can start with a text message or an email.

Use the prompts below to help you think through what specifically has happened, or what you've noticed about your friend or loved one that has caused you to be concerned about them.

Start the conversation when there is an open window of time to have an in-depth discussion, and you won't have to cut the conversation short to take care of other obligations. Plan to set aside at least 30 minutes to an hour.

FOR THE PAST (DAY/WEEK/MONTH/YEAR/ _____), IT SEEMS LIKE YOU HAVE BEEN FEELING (UNLIKE YOURSELF/SAD/ANGRY/ANXIOUS/MOODY/AGITATED/LONELY/HOPELESS/FEARFUL/OVERWHELMED/DISTRACTED/CONFUSED/STRESSED/RESTLESS/UNABLE TO FUNCTION OR GET OUT OF BED/ _____).

YOU SEEM TO BE STRUGGLING WITH YOUR (BREAK-UP/DIVORCE/JOB STRESS/JOB LOSS/NEW JOB/DEATH OF A LOVED ONE/HOUSING ISSUES/DEATH OF A PET/RECENT HEALTH DIAGNOSIS/FRIENDSHIP FALLING APART/RELATIONSHIP/FINANCES/ _____).

I'VE NOTICED YOUR (CHANGES IN APPETITE/CHANGES IN WEIGHT/LOSS OF INTEREST IN THINGS YOU USED TO ENJOY/LACK OF ENERGY/INCREASED ENERGY/INABILITY TO CONCENTRATE/ALCOHOL OR DRUG USE OR ABUSE/SELF-HARM/SKIPPING MEALS/OVEREATING/GUILT/PARANOIA/LACK OF SLEEP/SLEEPING TOO MUCH/RISKY SEXUAL BEHAVIOR/OVERWHELMING SADNESS/ANGER/RAGE/ISOLATION/CUTTING/TALK OF SUICIDE/ _____).

TALKING TO YOU ABOUT THIS MAKES ME FEEL (NERVOUS/ANXIOUS/HOPEFUL/EMBARRASSED/EMPOWERED/PRO-ACTIVE/SELF-CONSCIOUS/GUILTY/ _____), BUT I'M TELLING YOU THIS BECAUSE (I'M WORRIED ABOUT YOU/IT IS IMPACTING OUR RELATIONSHIP/I AM AFRAID/I DON'T KNOW WHAT TO ELSE TO DO/I DON'T KNOW IF ANYONE ELSE HAS TALKED TO ABOUT THIS/ _____).

**I WOULD LIKE TO HELP YOU (TALK TO A DOCTOR OR THERAPIST/TALK TO A GUIDANCE COUNSELOR/FIGURE OUT WHAT TO DO/TALK ABOUT THIS LATER/CREATE A PLAN TO GET BETTER/TALK ABOUT THIS MORE/FIND A SUPPORT GROUP/ _____).
WHAT CAN I DO?**