

How to start a conversation about mental health

A simple chat can make a big difference. Try these conversation starters:



"How are you, really?"



"I've been feeling stressed lately, how about you?"



"I'm here if you want to talk."



"Talking to your GP or a mental health worker might help?"



"Just checking in again, how are you doing today?"

Find out more about the support we give:
www.kentmedwaymentalhealth.nhs.uk