

# When you're worried about someone

the best thing you can do is let them know you're there for them and willing to listen, but it can be really hard to know what to say.

Here are some suggestions:

Connect

Give to Others

## Find a quiet place with no distractions &

Ask

Listen

Support

### openers

How are things?

Anything you want to chat about?

You haven't seemed yourself lately - is everything ok?

I've noticed that you're a bit quiet/distracted - what's going on?

### keep talking

What can I do to support you?

Do you want to talk about it? I'm worried about you.

Take your time, I know talking about this is difficult.

I want to help but I don't want to interfere - please tell me if I am getting in the way.

What's that like for you?

How's that affecting you?

What will help you feel better?

How are you feeling about that?

### show you're listening

Can I just check that I have understood you correctly?

I can tell things have been hard for you - please tell me more about it.

OK, but you know you can talk to me if you ever need to.

I know it can be hard to talk about this - thanks for trusting me with it.

Don't think you're on your own, I'm here for you. Things can get better.

Suggest they could talk to their GP, or a Mental Health First Aider if they would like some help right now. If you are worried about their safety, talk to someone.

Make sure you're OK too - you might need to talk to someone, if you've heard something upsetting.

**Persona**  
We're all about you

