

# Having Healthy Conversations

## How to Talk About Mental Health at Work

### Approach the Person

Approach the situation calmly and objectively with a steady mindset.

I would like to talk to you about this.



### Share your Observations

I noticed that...  
I'm worried about..



### Acknowledge the Person

I'm hearing that...  
It sounds like you feel...



### Ask Open Ended Questions

What's going on?  
What has changed?



### Encourage Them to Find a Solution

What would help right now?



### Listen Without Judgment

I see...  
Yes...Hmm...



### Check in Often

I'm here to support you.



**Opening  
Minds**

ADVANCING  
MENTAL  
WELLNESS

### If You Are in Distress

If you are in distress, you can call or text 9-8-8 (1-866-APPELLE in Quebec) at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.