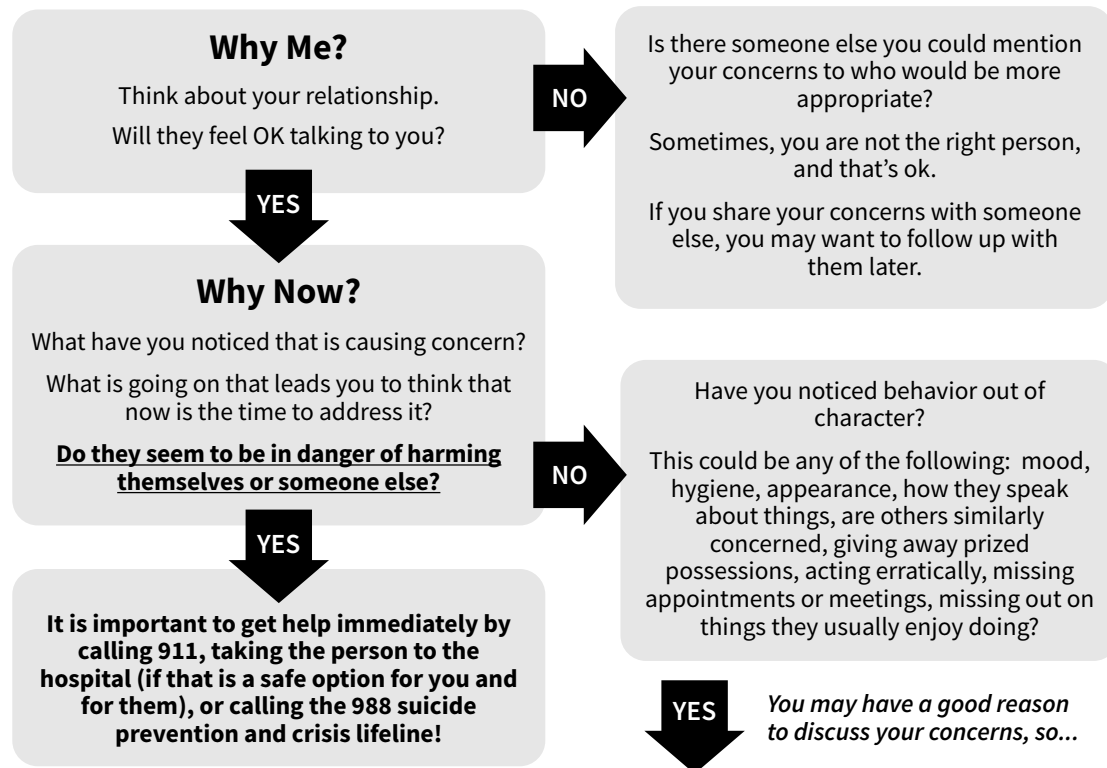


It's OK to Talk about Mental Health: Tips for Tough Conversations

Handout 2

How can I start a conversation about mental health?



Why Not?

Do you have time and space to have a thoughtful conversation right now? If not, schedule a time to meet when you do.

Are you willing to check on them or offer assistance beyond this one conversation? If not, you may reconsider if you are the person to approach them.

Do you know what next steps are available in your community, online, or nearby if the person asks for resources? If not, do a little research into what is available beforehand, OR, in a pinch, offer to look for resources with them.

Do you have a plan for what to do if the person you are talking to gets upset or rejects your offer to talk? If not, make a plan.

Be prepared for someone to say, "No thanks." It is easy to say not to take rejection personally, but in the moment, it can feel very personal. React calmly and let them know that you are around if they change their mind.

Tips to remember as you Approach with Care

Use I-statements | Ask questions, but don't push | **DO NOT DIAGNOSE**
Offer gentle support without judgement | Follow up | Be patient

It's OK to Talk about Mental Health: Tips for Tough Conversations

Handout 2



Resources Include:



A Virtual Mental Health And Substance Abuse Program



**Call 24 hours a day,
seven days a week**

(501) 526-3563
or toll-free at
(800) 482-9921
to speak to a medical
professional.

If you are interested in learning more in-depth information about mental health and substance use challenges, gaining more tools to help you respond in a non-crisis or crisis situation, and practice using those tools, reach out to your county agent to schedule Mental Health First Aid in your area.

All county FCS agents have FLIP-IT available. This is a 1 – 2 session program that teaches specific skills related to managing strong emotions.

We have several county agents and state staff who are trained to facilitate the QPR Suicide Prevention training. QPR stands for Question Persuade Refer, and it specifically trains participants to respond to someone experiencing suicidal thoughts or planning suicide.

Lastly, we have seven trained Mental Health First Aid facilitators. This is an 8-hour program designed to teach participants how to respond to someone experiencing a mental health or substance use challenge.

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