

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

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you are in in distress or supporting someone in distress, you can call or text 9-8-8 at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.