

The Space We Make:

For Dialogue.

How to talk to a colleague
about mental health.

Approach and 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.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Opening
Minds

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.