

The
Space
We
Make:

For Starting the Conversation.

Not sure what to say? Start here.

Easy Openers

- “Hey, how have things been feeling lately?”
- “You’ve been on my mind, how are you doing?”
- “Rough week or okay week?”

Go Deeper

- “What’s been taking up most of your headspace?”
- “What’s been feeling harder than usual lately?”
- “Do you feel like you’ve had support?”

How to Continue Support

- Check in again next week
- Invite them along to something simple (i.e. walk)
- Help direct them to resources



Opening
Minds

MENTAL HEALTH
COMMISSION
OF CANADA

If You Are in Distress

If you or someone you’re supporting is in distress, 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.