

How to Approach a Mental Health Conversation



Talking about mental health openly & honestly is one of the best ways to fight the stigma, BUT it isn't always easy. Use this sheet to help guide your future conversation.



Who is your audience?



What is their level of understanding about mental health?

Avoidance / Denial

Unaware / Open

Basic Understanding

Supportive / Willing to Learn More



Name 3 goals you want to accomplish during/after this conversation.



List at least 3 talking points.



Why are you inquiring this conversation?



What topic are you hoping to address? (Be clear and specific)



Where will this conversation take place?



How will this conversation take place?

in person, phone, forum, etc.



List 2 resources your audience could benefit from:



If applicable, list 1 coping strategy for you & your audience to engage in.



List 2 ways you will follow up.
