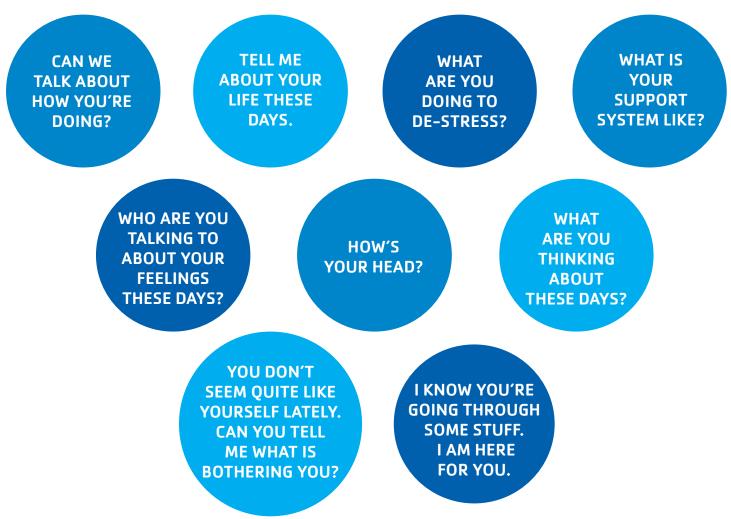
## HOW ARE YOU?

## **MENTAL HEALTH IS HOW WE:**



When we ask someone "HOW ARE YOU?" and truly mean it, we are asking about their mental health. In addition to "HOW ARE YOU?", there are many ways to ask someone about their mental health:



## **CHALLENGE:**

Have a conversation with a friend, family member, someone you love, a coworker, or even a stranger. Ask them "**HOW ARE YOU?**" (or a different question from this handout), and really mean it, allowing space for honesty.

TIPS ON HOW TO HAVE THIS CONVERSATION:



For more advice, visit listenfirstproject.org/tips

## **REFLECT:**

1. How did that conversation go?

2. What went well?

3. What is your plan to follow up?

