

# 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:

CAN WE  
TALK ABOUT  
HOW YOU'RE  
DOING?

TELL ME  
ABOUT YOUR  
LIFE THESE  
DAYS.

WHAT  
ARE YOU  
DOING TO  
DE-STRESS?

WHAT IS  
YOUR  
SUPPORT  
SYSTEM LIKE?

WHO ARE YOU  
TALKING TO  
ABOUT YOUR  
FEELINGS  
THESE DAYS?

HOW'S  
YOUR HEAD?

WHAT  
ARE YOU  
THINKING  
ABOUT  
THESE DAYS?

YOU DON'T  
SEEM QUITE LIKE  
YOURSELF LATELY.  
CAN YOU TELL  
ME WHAT IS  
BOTHERING YOU?

I KNOW YOU'RE  
GOING THROUGH  
SOME STUFF.  
I AM HERE  
FOR YOU.

## 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:

1.

Be present to actively **LISTEN**

2.

**SHOW THEM THAT YOU ARE PAYING ATTENTION**

by leaning into the conversation, making eye contact, and nodding your head

3.

Avoid interrupting

4.

Prepare for responses that might be hard to hear because you care about this person

5.

**THANK THEM** for sharing about their lives

6.

Let them know that what they are feeling is okay, and **THERE ARE THINGS THAT THEY CAN DO TO COPE AND GET HELP**

7.

**ASK FOR THEIR PERMISSION** to share your own advice, help, or ideas

8.

Give examples of how you cope, and **ASK THEM WHAT THEY'RE DOING TO COPE**

For more advice, visit [listenfirstproject.org/tips](https://listenfirstproject.org/tips)

## REFLECT:

1. How did that conversation go?

2. What went well?

3. What is your plan to follow up?