# Tips For Talking About Mental Health

### Talking With A Healthcare Provider



Be specific: describe the when, where, why, and how of your symptoms.

Bring a loved one for support.

Prepare: Write a list of questions or topics before your visit.

### Talking With a Loved One





#### Talk in a comfortable setting (in-person, over the phone, in a letter, etc.)

#### Be open and honest.

### **Reaching Out to Someone**

### You're Concerned For



Ask how you can be helpful.

## Be engaged; ask questions.

Be present, not distracted.

Be compassionate; practice empathy.