

# 😊 You've got what it takes 😊

**Ask  
R U OK?**

**or something like this:**

"How are you? Have you been doing alright?"

**No, I'm not OK.**

Dig a bit deeper:

"What's been going on?"

"How long has that  
been the case?"

"I'm ready to listen if  
you want to talk."

**Yes, I'm fine.**

But your gut says  
they're not:

"It's just that you don't seem  
your old self lately."

"I'm always here if  
you want to chat."

"Is there someone else  
you'd rather talk to?"

**Listen; don't judge**

**Encourage action and offer support:**

"How can I help?"

"What would help take the pressure off?"

"What do you enjoy doing? Making time for that can really help."

"Have you thought about seeing a professional?"

**Make time to check in:**

"Let's chat again next week."