



## HOW TO HAVE A SUPPORTIVE CONVERSATION

A simple conversation can play a powerful role in keeping someone safe during a difficult time and connecting them to support.

Starting these conversations can feel challenging and you may fear that talking about things might make it worse. However, talking often makes people feel heard, understood, supported and less distressed. You don't need to be someone's manager or good friend to ask if they are okay.

**Here are some simple tips for reaching out to someone you think might need support:**



**Find a private space to have the conversation so you are not putting them on the spot somewhere public**



**Check-in and ask them how they are going**



**Ask open questions such as “how are you going?” or “what’s on your mind?”**



**Listen without judgement**



**Encourage action such as calling a support line, making an appointment with their GP or contacting the Employee Assistance Program (EAP) if available**



**Check in after the conversation to see how things are for them now**



**Look after yourself and seek support if you have been affected by the conversation.**