

What to do when someone you know may be struggling:

“I care about you and I’m here for you.”

“You haven’t been yourself lately. Do you want to talk about it?”

“It seems like you’re going through a difficult time. Is there anything I can do to help?”

Normalize the mental health conversation by talking about it directly.

Encourage them to ask for help.

Let them know that it’s normal not to be okay.

Schimelpfening, N. (2022, July 19). What to Say to Someone Who Is Depressed: Finding the Words to Help. *Very Well Mind*.



SCAN FOR
IL HPP WEBSITE



Illinois
CHOOSE OPTIMAL • TAKE THE LEAD • ACHIEVE TOGETHER

MAKE IT MATTER

This was developed and funded in whole and or part, by grants from the Illinois Department of Human Services and Center for Disease Control. The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of IDHS, CDC, or HHS, and should not be construed as such.