Having the conversation

Have you noticed a change in someone you care about – friend, coworker, significant other, parents, child, sibling, etc? Take a minute to look over our signs and symptoms sheet if you’re not sure whether or not you should be concerned about the differences you’ve noticed.

Now that you know it could be something more serious that a bad mood, what do you say?

**Here are some sample conversations:**

1. \_\_\_\_\_\_\_\_, I’ve noticed \_\_\_\_\_\_\_\_ and I’m really worried about you. I’m only asking because I care and want to make sure you’re okay.
2. Hey, \_\_\_\_\_\_\_\_\_\_\_\_, can we talk for a second? Something seems to be bothering you. Do you want to talk about it?
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_-- you haven’t been acting like yourself lately. Is everything okay?

**Follow up questions**

* Have you spoken to anyone about this before?
* How long have you been feeling like this?
* It’s hard for me to understand exactly what you’re going through, but I can see that it’s taking a toll on you.
* I’m not sure exactly what to do either, but I know there are people who are trained to help with this, and I’m here to help you figure it out.
* Let’s go have a cup of coffee and talk about it.
* If the feelings you’re describing have been happening for a long time, I think you should see a professional for help.
* Did you know we have an EAP Program here at work to help you with situations like this? Let’s go to their office together.
* I don’t have all the answers, but I want to help you find a solution.
* I’m sorry you’ve been feeling this way, it must be a heavy burden. Let figure out what we can do to get you on track to being healthy again.