

Get ready to get loud and
#GetReal

CMHA
Mental Health Week

**May 4-10,
2020**

Visit mentalhealthweek.ca for info and tools!

To support others and #GetReal, we can say:

“What have you been up to this week?”

“Hey, you haven’t seemed yourself lately. Is there something you’d like to talk about?”

“Would you like to go for a coffee and have a chat?”

“What are your coping strategies?”

“Tell me how your day has been.”

“Let me know if there is something I can do to help.”

“It’s OK to be sad.”

“Hey, my friend – do you know that you matter to me? I care for you and always will. Nothing you say or do will change that. I’m here.”

“I’ve noticed you seem frustrated and even sad lately. I’m here for you. Would you like to talk about how you’re feeling? Or discuss what’s going on in your life? I’m here to listen.”

“How are you feeling today?”

“What I am hearing is...”

“How can I best support you going forward?”

“I’ve noticed you seem off lately. I’m concerned – is there something I can help with?”

“Hey, I notice you’ve been a little down/different/not your usual self lately. Am I reading that correctly? Would you like some support?”

“Hey, what can I do that would be beneficial for you right now? A hug? Some space? Talking things out?”

“What is really going on for you right now?”

“You look (or sound) down. Is that how you’re feeling?”

“I’ve noticed you haven’t been reaching out to me lately. Is there anything that’s been bothering you?”

“Hey, I am noticing something seems a bit different about you and I wonder how you’ve been coping these days. I care and wonder if you want to talk.”

To ask for help and #GetReal, we can say:

“Are you free to chat?”

“Hey, if you have some time, maybe we can go for a walk together?”

“Hey, do you have a few minutes? I’d really like to chat.”

“I need you right now.”

“I’m having a bad day today.”

“This is hard. I don’t know how to say this...I’m feeling ‘off’.”

“I’m struggling right now. It’s been a challenging day/week/month/time.”

“I could use your shoulder right now if you have some time. Can you hear me out without trying to ‘fix’ or give advice?”

“I know you don’t want to hear this, but university is not for me. I can’t keep up. I’m skipping classes. I need to talk to someone.”

“I’m really struggling today.”

“I’m not feeling great at the moment – can we chat?”

“I’m really not doing well right now. I’m noticing a lot of (insert emotion/anger/sadness) inside me and that my thoughts are really toxic right now.”

“I’m struggling to keep from panicking (or to stay positive).”

“I need a break. Can you take over while I go for a walk?”

“I don’t really feel like myself at all and I’m not at my best and not sure how to change this.”