

Conversation tips



Be prepared
for the
conversation

RUOK?™



Ensure you have
enough time

I'm **here** to **hear**



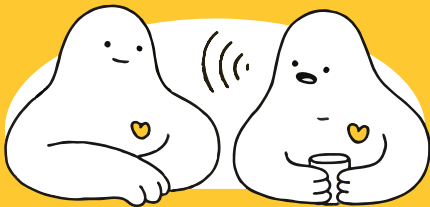
Find a private, quiet
place to chat



Share what you've
noticed in a
non-judgemental way



Remove
distractions



Be present and
actively listen



Embrace any
silences



Let them know you
want to support them



Talk through ideas of
what they could do to
manage the situation



Check in regularly so
they know you care