

# Tips for helping someone open up when something's up

time to talk week

3rd-7th February

 mind

Rethink  
Mental  
Illness.

1

## Ask questions and listen

Asking questions can give the person space to express how they're feeling and what they're going through. Try to ask questions that are open and non-judgmental, like 'what does that feel like?'

2

## Use positive body language and encourage them

Small verbal comments like 'I see' or 'what happened next?' will let them know you are paying attention to them and actively listening.

3

## Don't try and fix it

Try to resist the urge to offer quick fixes to what someone is going through. Just talking can be really powerful, so unless they've asked for advice directly, it might be best just to listen.

4

## Dispel any myths and avoid clichés

Mental health problems are more common than people think and can affect anyone at any time. Comments like 'Pull yourself together' or 'You're just having a bad day' are not helpful.

5

## Be patient

No matter how hard you try, some people might not be ready to talk about what they're going through. That's ok – the fact that you've tried to talk to them about it may make it easier for them to open up another time.