



or something like this:
"How you travelling?"

No, I'm not OK.
Dig a bit deeper:

Yes, I'm fine.
But your gut says they're not:

"What's been happening?"

"It's just that you don't seem your old self lately."

"How long has that been the case?"

"I'm always here if you want to chat."

"I'm ready to listen if you want to talk."

"Is there someone else you'd rather talk to?"

Listen with an open mind

Encourage action and offer support:
"How can I help?"
"What would help take the pressure off?"
"What do you enjoy doing? Making time for that can really help."
"Have you thought about seeing a professional?"

Make time to check in:
"Let's chat again next week."