

Each Mind Matters

Conversation Starters

Need help to get a conversation going? Here are some ways to begin:

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“I care about you. How have you been feeling lately?”

“I’ve been worried about you, how are you doing?”

“You seem to have a lot on your mind lately. I’m here to listen.”

“I’m here for you, let me know if you need anything.”

“You’ve seemed stressed lately. What’s going on?”

Show compassion, listen carefully and make sure to talk in a safe, comfortable space to build trust and show support.

If you are feeling stressed, anxious or depressed and need to talk to someone, here are some ways to start:

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“Can I talk to you? I haven’t been feeling well lately.”

“Do you have a moment? I need someone to listen.”

“Can I tell you something important? I think I may need some help.”

“I’ve been having a tough time lately. Can I talk to you for a minute?”

Make your promise to talk today. Go to **PromiseToTalk.org** and tell us how you are strengthening the movement.

**promise
to talk**
Providence

Help is available!

Find free or low-cost OC resources in the **FREE Promise to Talk app** and at **PromiseToTalk.org**.



Promise to Talk is a local activation of California's Mental Health Movement: Each Mind Matters.