

HOW ARE YOU, REALLY?



Mental Health Matters

Staying mentally healthy takes many forms, from talking with a professional to doing something as simple as seeking out support from family and friends.

Here's how to spark a conversation if you have concerns about a loved one's mental health.

Find Time to Talk

Getting to the heart of how someone is really feeling can happen over a board game, during a walk, or even through a text message. What matters most is showing you care.

Not sure what to say? Here are a few ideas to get the conversation started.

- *"Have you been okay lately? You seem down."*
- *"I'm here if you ever want or need to vent."*
- *"You don't seem like yourself. Is everything alright?"*
- *"How are you, really?"*

Remember: asking for help is a sign of strength.

OUR COMMUNITY CARES

For more information, visit [ColumbusUnitedWay.com/mentalhealth](https://www.ColumbusUnitedWay.com/mentalhealth)