



Are you willing and prepared to talk to somebody about how to have conversations about mental health?

A) IF A COLLEAGUE APPROACHES YOU

- If you are not sure, you can always ask for help from your manager or a colleague.
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- Directly approach the person and look for signs of distress.
- Rather than asking if they are okay, you can say, "I've noticed you seem a bit off, is everything alright?"

B) APPROACHING A COLLEAGUE YOU ARE CONCERNED ABOUT