

HOW TO TALK TO YOUR LOVED ONE ABOUT THEIR MENTAL HEALTH

It's not always easy to bring up mental health, especially with someone you love. You might worry about saying the wrong thing or making them uncomfortable. But showing you care, asking gently, and listening without judgment can open the door to real support and connection.

These simple phrases can help you begin the conversation:

- "It's okay to not be okay. We don't have to figure it all out today, but I'm here to support you however you need."
- "You've been through a lot lately. How have you been feeling?"
- "I've noticed you seem more tired or quiet than usual. I just want to check in, how are you feeling?"
- "Living with heart failure is hard. It's okay if it's taking a toll. I'm here if you ever want to talk about how it's affecting you."
- "If you've been feeling overwhelmed or low, I want you to know that's really common, and there's help if you ever want to talk to someone."

Notes for myself:

Before your visit, take a moment to reflect:

What changes have I noticed in their mood, behavior, or energy? Have I created a calm, non-judgmental moment to ask? Am I ready to listen without jumping to solutions?
