



# MENTAL WELLBEING

# TIPS ON HAVING A CONVERSATION

Opening up conversations around mental health is very important, it shows that you care.

## 8 TIPS FOR TALKING TO SOMEONE ABOUT THEIR MENTAL HEALTH

1. Listen carefully to what they tell you
2. Do not try to diagnose
3. Do not try to second guess their feelings
4. Set time aside with no distractions
5. Let them share as much or as little as they want to
6. Keep questions open ended
7. Talk about self-care
8. Offer them help in seeking professional support

“How are you?”  
Ask twice, maybe  
“How are you really?”

“On a scale of 1 to 10,  
1 being your lowest,  
how are you doing?”

“How are you  
sleeping at the  
moment?”

*If you would like further information and resource around mental health, please visit*  
**ENGLANDRUGBY.COM/RUGBYSAFE**

