It’s not always obvious when someone is struggling. It’s ok to ask family about their mental health. Talking saves lives.

Learn warning signs and get tips on how to start a conversation. Visit afsp.org

Crisis Lifeline: Dial/Text 9-8-8
Or chat online at 988lifeline.org
2 in 5 Howard County residents reported feeling depressed or lonely.

Data Source: Howard County Health Assessment Survey (2021)

How Can You Help? Start at Square One:

Have a Conversation

• Let friends know you’re willing to talk about mental health
• Speak with them privately
• Start with an expression of care followed by an observation
• Listen nonjudgementally and don’t offer advice
• Normalize mental health by talking about it directly
• Encourage them to seek help from someone they trust or a provider

Content Source: Afsp.org

Conversation Starters:

I care about you and noticed you haven’t been yourself lately.

With everything that’s going on in your family, I wonder if you’re feeling overwhelmed.