



# How to Talk with your Teammates about their Mental Health

## 1.

### **Listen**

The best thing you can do is let them talk and give them the space to express what they're feeling.

## 2.

### **Make sure they know you're available to talk**

Don't force them to share what they're going through – instead, make sure there's an open invitation when they believe the time is right.

## 3.

### **Empathize with how they are feeling**

Never challenge or criticize them for what they are experiencing or what they believe.

## 4.

### **Don't be afraid to repeat things**

If they're having difficulty thinking clearly, repeat important things you want to make sure they hear.

## 5.

### **Give them time to respond**

Silence is often an indicator that they're processing. Be patient and allow that space for them to absorb what they're hearing.