

Worried about someone's mental health?

ASK

Approach them...

- ...because the people closest to them might not see it
- ...because they might not have the courage to ask for help
- ...because being mistaken is better than being too late

Speak to them...

- ...because it opens the door for them to speak to you
- ...because they might not know that support is available
- ...because a chat might be all they need to feel better

Keep checking on them...

- ...because their behaviour might not match their words
- ...because a bad day could become something bigger
- ...because seeing someone make progress is a great feeling



syp.org.uk/ask



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