



Stop the silence – Make It OK

**Mental illnesses are a touchy subject, creating voids in conversation.
Here are some tips to help you.**

Stop the silence. If someone shares with you that they're experiencing a mental illness, they are opening up to you in a big way. Ask questions, show concern and avoid awkward silences.

Be nice. It sounds simple enough, but try to say the right things with openness, warmth and caring.

Listen. In your conversation, try to do more listening and less searching for a solution.

Keep in contact. Offer to be available by phone, text, email or meet up in person. Just be there.

Don't ignore it. Don't be afraid to ask about someone's well-being if you think they might be hurting. Trust your judgment.

Offer support. Everyone is different, and may want very specific help or no help at all. Either way, ask and be open to the answer.

Learn more at **Make It OK.org**