



# Workplace mental health conversation starters

Looking for ways to check in with each other? Here are some simple prompts to help you start the conversation.

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**How are you doing today?**

Include a gentle nudge to go beyond the usual “I’m fine.”

“

**You’ve seemed a bit [different] lately – is everything okay?**

Show that you’ve noticed and that you care.

“

**Do you want to take a break or grab a coffee?**

A casual invite to start a more relaxed chat in a more neutral space.

“

**How can I support you right now?**

A direct but thoughtful way to offer help.

“

**Is there anything on your mind you want to talk about?**

Make it clear you’re open to listening.

“

**I’ve been feeling [stressed/tired] lately – how about you?**

Sharing your own experiences can help others open up.

“

**What’s been going well for you recently?**

A positive way to open up a conversation.



## Reminder

A simple check-in can make a big difference.

**Start the conversation today!**

## Quick tips for a good conversation

Listen without judgement  
Respect their privacy and boundaries

Reassure them that it’s okay to feel however they’re feeling  
Follow up later if needed