

Getting ready to ask

Before you can look out for others, you need to look out for yourself, and that's okay. If you're not in the right headspace or you don't think you're the right person to have the conversation, try to think of someone else in their support network who could talk to them.

To help you decide whether you're ready to start a meaningful conversation, ask yourself:



AM I READY?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?



AM I PREPARED?

- Do I understand that if I ask how someone's going, the answer could be: "No, I'm not"?
- Do I understand that I can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might not want to talk to me?



PICKED MY MOMENT?

- Have I chosen somewhere comfortable and relatively private?
- Have I figured out a time that will be good for them to chat?
- Have set aside enough time for a proper chat?

