

# HAVE A CONVO, SAVE A BRO

HELPING A FRIEND IS EASY WHEN YOU KNOW HOW.  
FOLLOW THESE FOUR STEPS TO LET THE  
CONVERSATION FLOW.



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## 1. ASK

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Start by mentioning anything different you've noticed. Maybe he's spending more time at the bar, coming into work late, or missing social events.

**"You've not quite seemed yourself recently. Are you okay?"**

Trust your instinct. Remember, we often say "I'm fine" when we're not. Don't be afraid to ask twice.

## 3. ENCOURAGE ACTION

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Help him to focus on simple things that might improve his wellbeing. Is he getting enough sleep, exercising regularly, and eating properly? Maybe there's something that's helped before?

Suggest he tells other people he trusts how he's feeling. This will make things easier - for both of you. And if he's felt low for more than two weeks, suggest he sees his doctor.

## 2. LISTEN

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Try to give him your full attention, without interruptions. Don't feel you have to diagnose problems, offer solutions or give advice. Just let him know you're all ears, judgement-free.

Follow-up questions are good, too. They'll help let him know you're listening:

**"That can't be easy. How long have you felt that way?"**

## 4. CHECK IN

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Suggest you catch up soon - in person if you can. If you can't manage a meet-up, make time for a call, or drop him a message. This will show you care. Plus, you'll get a feel for whether he's feeling any better.

If you're worried somebody's life is in immediate danger, go directly to emergency services.

