

Support One Another

Workplace Mental Health Conversation Starters



Workplaces can be a source of stress, but are also places where we can find support, resources, and connections. We can create a workplace culture that supports mental health by talking about mental health.

Here are some ways to get the conversation started at work.

Checking In

How's it going?

How's your morning?

How are you feeling about the new project?

How can I help with your project?



Following Up

Would you like help with that?

How can I support you today?

My door is open.

I'm here to chat if you want to.

Have you taken any breaks today?

Building Connections

You've been busy lately, are you taking breaks and recharging?

Watch anything good lately? I'm looking for a new show.

What's the highlight of your week so far?

Have any weekend plans you are excited for?

How did you learn to get good at that skill?

What have you been up to lately outside of work?