







# Developing Mentally Healthier Communities Through Sport

## Let's Take a Time Out to Talk

<p><b>I'm in crisis and I need help now</b></p>		<p>Ask direct questions about risk, for example, "are you thinking about suicide?". Validate the courage it takes to share. Now is not the time to fix things, safety is the top priority—<b>get support immediately.</b></p>
<p><b>I'm not doing well, and I need support</b></p>		<p>Describe what you see; don't pressure them to speak or interrogate. Validate their feelings. Discuss the importance of reaching out. Find out what supports are available and offer choices. Check in regularly. Practice self-care.</p>
<p><b>I've been struggling for a while, and I'm not sure why or what to do</b></p>		<p>Ask questions like, "What's on your mind right now?" or, "What thoughts and words keep coming into your head?" Help them identify symptoms. Think about what you have heard and seen and what changes you've noticed. How long have the changes been occurring?</p>
<p><b>I have a lot of stressors and it's harder to cope</b></p>		<p>Ask, "What do you need?" "What has helped in the past when you felt this way?" "What parts of things do you control?" Remind them of their strengths. Help with distraction or calming techniques.</p>
<p><b>I had a rough day</b></p>		<p>Listen without fixing or judging. Share your own thoughts and experiences. Help them name their feelings. Ask, "Are you feeling unheard? Left out? Controlled? Disrespected? Overwhelmed? Not good enough?" and "What do you need right now?"</p>
<p><b>Everything is okay</b></p>		<p>Make conversations about mental health part of every day. Educate yourself and your children about mental wellness. Share stories and experiences about mental health. Check in regularly.</p>