A CONVERSATION CAN CHANGE EVERYTHING

THE OLLIE FOUNDATION
ONE LIFE LOST IS ENOUGH

You don't need all the answers

JUST THE COURAGE TO ASK

Sometimes the smallest question can open the door to a much needed conversation.

HERE ARE SOME WAYS TO START...

BE REAL. BE KIND. BE PRESENT.

Your time and care could be the life line someone needs

CONVERSATION STARTERS THAT CAN MAKE A DIFFERENCE

REACH IN

"How are you really?"

Show you care and want to know the real answer

LISTEN

"What's been on your mind lately?"

Give them the space to talk without judgement

CARE

"I've noticed you seem different lately?"

Pointing it out shows you are paying attention

EXPLORE

"What's been the hardest part of things recently?"

Gently invite them to share what they're struggling with

OFFER SUPPORT

"Is there anything I can do to help?"

Let them know they don't have to face it alone

BE PATIENT

"I'm here whenever you need to talk."

Keep the door open, there's no pressure to talk until they're ready

WHAT ELSE HELPS

BE THERE

Your presence matters more than you know

CHECK IN REGULARLY

A quick message can mean the world to someone

RESPECT CONFIDENTIALITY

What they share with you, stays with you

LOOK AFTER YOURSELF

You can't pour from an empty cup, look after your well-being too

IF YOU ARE WORRIED SOMEONE IS AT RISK OF SUICIDE

Ask them directly, "Are you thinking of ending your life?"It's ok to ask, it won't put the idea in their head and it could save a life.

YOU ARE NOT ALONE

www.theolliefoundation.org

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