

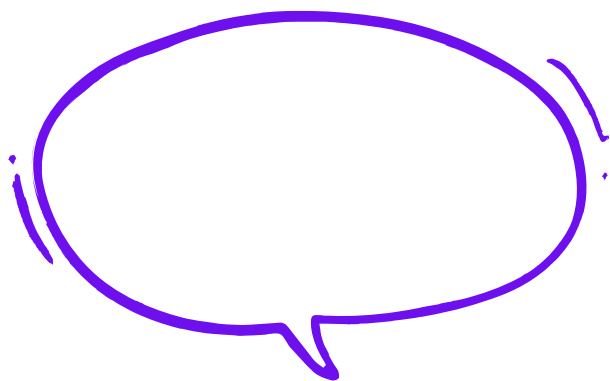
Our top tips to listen better

How to support someone's mental health through listening well.



1. FIND A GOOD TIME AND SPACE

If you're worried about someone, choose a time to talk when you won't be rushed, and a space where you won't be interrupted or distracted.



2. LISTEN TO UNDERSTAND

Focus on listening to understand, not to respond. This can make a big difference to making someone feel heard.

3. ACTIVELY LISTEN

Show them that you're listening by facing them, making eye contact, and not interrupting. If you ask questions, keep them open and aimed at clarifying.



4. ASK, DON'T TELL

Don't rush to offer a solution. Instead, try to ask what you can do to help. They might want practical support, like help contacting their GP. Or they may simply want a listening ear.

5. CHECK IN

Keep checking in so that they know they can come to you again. If you're worried that they need more support, you can encourage them to talk to their GP or contact a mental health service:

mentalhealth.org.uk/get-help



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk/wmhd