

Mind Your Mental Health

Nine questions someone with mental illness wishes you would ask

If you have family, friends or colleagues who live with mental illnesses, you may be unsure of how to speak to them in a respectful way. You want to show you care, but don't know how to express your concern and not hurt the person at the same time.

Just ask...

Can you help me understand what it's like living with your condition?

Is there anything you need from me or something I can do to help you?

Do you need to talk? Sometimes talking can help make things feel a little better.

What can I do to be there for you, and help you feel supported?

How are you? You don't seem like yourself, and I want to know how you're really feeling because I care about you.

What is your diagnosis and how do you feel about it?

Can we do something together—get coffee, go for a walk or see a movie? Just because the person has mental illness doesn't mean he/she won't want to do regular activities.

How can I support you—can I listen to you, leave you alone, give you a hug?

How has living with this condition shaped who you are today?

Help is available. For additional information, visit [MagellanHealth.com/MYMH](https://www.MagellanHealth.com/MYMH)