You might be able to tell when someone you know is having a hard time with their mental health. But sometimes it’s not obvious. Helping someone get the support they need starts with checking in.

**Mental Health Matters Month** is the perfect time to start having Check-In Chats with the people you care about. You don’t have to wait until you see they are struggling with their mental health.

A Check-In Chat is a way to ask if someone needs some support. By asking how they are doing, and showing you really care about the answer, you can make a big difference in someone’s life.

You may not be sure how to bring up the subject of mental health. Sometimes it’s as easy as asking what’s going on in their life. If you know they’re dealing with a tough event, like a break-up or a death in the family, follow up with them to see how they’re doing. Or you can share with them what you noticed that made you concerned, such as changes in behaviors or things they have said. Learn about some of the [most common signs someone could use support](https://takeaction4mh.wpengine.com/wp-content/uploads/docs/TakeAction4MH-WhenIsItTimeToSeekSupport.pdf).

Ask the person how you can help. Offer them your support. Help them find mental health services if needed. And check in with them again in the future.

People may not always want to talk about what they’re feeling. If they’re not ready for a conversation, that’s okay. Let them know you’re there for them when they do want to share.

The good news is that talking about mental health gets easier the more you do it. Make Check-In Chats a regular part of your relationships.

For more ideas about how to do a [Check-In Chat](http://takeaction4mh.com/wp-content/uploads/docs/TakeAction4MH-CheckInChat.pdf) and for other mental health resources, go to the Take Action for Mental Health website at [TakeAction4MH.com](https://takeaction4mh.com/).

You can also follow our social media updates at [Facebook](https://www.facebook.com/TakeAction4MH), [Instagram](https://www.instagram.com/takeaction4mh), and [Twitter](https://twitter.com/takeactionformh).

[NOTE: Insert links for your agency’s accounts or use @TakeAction4MH accounts that are linked above.]

During Mental Health Awareness Month and beyond, remember to Check In, Learn More, and Get Support to take action for your mental health and others in your community.

[Insert Agency/CBO Signature Line]