



**Conversation Starters**



## Conversation

### Starters

Talking to people about mental health can hugely benefit both parties, but starting these conversations, especially if you have never done so before, isn't always easy.



For Wear it Green Day wear green to let people know you are open to conversation.



Use these conversation cards as a starting point and a way to ease yourself into a conversation.




You can use these cue cards in pairs or small groups. We recommend encouraging people to speak informally and casually, not necessarily taking turns.

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How are you  
feeling today?




What does 'mental  
health' mean to you?

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What activities help your mental health?




What is your earliest memory?

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Do you have any questions about how I look after my mental health?




Do you do anything to maintain good mental health?




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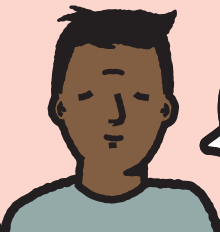
What's your dream holiday destination?



What have you done recently that you are most proud of?

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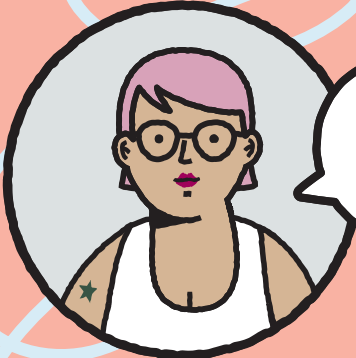
How do you help friends/family look after their mental health?

Which do you find most beneficial to your mental health: sleeping well, or getting into nature?

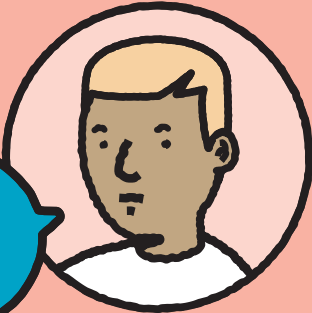


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What's your favourite joke?




If you were to recommend one thing I could do to improve my wellbeing, what would it be?



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What is something  
you are grateful  
for today?



Where is your  
happy place?



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If you could have any super power what would it be?

Who do you think would be a good person to talk to about mental health?

