How to have the talk with your LGBTQ+ friend or loved one about their mental health

Initially, things might be a little awkward. First, let them know you care about them. Find a private, quiet space and allow plenty of time to have a meaningful conversation. To ease into the conversation, you can start by asking these questions. If they are not quite ready to be open with you, ask how you can help them find someone they trust to have an honest conversation.

Are you okay? You don’t seem like yourself lately.

Last time we went out, it seemed like you were drinking (or using) more than usual. Is there something going on?

Is there anything you want to talk about?

Have you been taking care of yourself?

What can I do to help you feel more supported?

Have you thought about hurting or killing yourself?

Are you feeling safe? If not, let’s reach out to Colorado Crisis Services at 844-493-8255 together.

When is the best time to check in with you again?

Resources

COLORADO CRISIS SERVICES
coloradocrisisservices.org • 844-493-8255

COLORADO WELLNESS RECOVERY
cowellnessrecovery.org

GAY & SOBER
gayandsober.org/meeting-finder-colorado

NATIONAL DOMESTIC VIOLENCE HOTLINE
thehotline.org • 800-799-7233

NATIONAL EATING DISORDERS ASSOCIATION HELPLINE
nationaleatingdisorders.org/help-support • 800-931-2237

TRANS LIFELINE
translifeline.org • 877-565-8860

TRANSGENDER CENTER OF THE ROCKIES
transgendercenteroftherockies.org • 303-761-0200

TREVOR PROJECT
thetrevorproject.org • Trevor Lifeline: 866-488-7386

TRUE CENTER FOR GENDER DIVERSITY — CHILDREN’S HOSPITAL
childrenscolorado.org • 720-777-8783

UNITED STATES DEPARTMENT OF VETERANS AFFAIRS — LGBTQ+ RESOURCES
patientcare.va.gov/LGBT • Veterans Crisis Line: 800-273-8255 (Press 1)

HOW-TO-HAVE-THE-TALK.ORG