



## 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?**

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## Resources

### COLORADO CRISIS SERVICES

[coloradocrisisservices.org](http://coloradocrisisservices.org) • 844-493-8255

### COLORADO WELLNESS RECOVERY

[cowellnessrecovery.org](http://cowellnessrecovery.org)

### GAY & SOBER

[gayandsober.org/meeting-finder-colorado](http://gayandsober.org/meeting-finder-colorado)

### NATIONAL DOMESTIC VIOLENCE HOTLINE

[thehotline.org](http://thehotline.org) • 800-799-7233

### NATIONAL EATING DISORDERS ASSOCIATION HELPLINE

[nationaleatingdisorders.org/help-support](http://nationaleatingdisorders.org/help-support) • 800-931-2237

### TRANS LIFELINE

[translifeline.org](http://translifeline.org) • 877-565-8860

### TRANSGENDER CENTER OF THE ROCKIES

[transgendercenteroftherockies.org](http://transgendercenteroftherockies.org) • 303-761-0200

### TREVOR PROJECT

[thetrevorproject.org](http://thetrevorproject.org) • Trevor Lifeline: 866-488-7386

### TRUE CENTER FOR GENDER DIVERSITY — CHILDREN'S HOSPITAL

[childrenscolorado.org](http://childrenscolorado.org) • 720-777-8783

### UNITED STATES DEPARTMENT OF VETERANS AFFAIRS — LGBTQ+ RESOURCES

[patientcare.va.gov/LGBT](http://patientcare.va.gov/LGBT) • Veterans Crisis Line: 800-273-8255 (Press 1)

## HOW-TO-HAVE-THE-TALK.ORG

