



Say Hello on March 30th 2023

Event:

Date & time:

Venue:

Say **Hello** and ask: **How are you?**

H	e	l	l	o
HELLO	ENGAGE	LISTEN	LEARN	OPTIONS
Say Hello and ask How are you?	Engage with the person	Actively listen to the person	Learn about the person & how they are feeling	Give time to talk through options



Mental Health Ireland

© Mental Health Ireland

www.HelloHowAreYou.info

