

Let's change the way we all think
and act about mental health



proud to support
time to change
let's end mental health discrimination

Ask Twice Campaign



When asked how are you? How often do you tell the truth?

How often when someone says 'I'm fine' do you follow up if you think they are not?

The simple act of asking twice, with interest, can really help someone open up for the first time.

Asking Twice doesn't mean ask 'How are you?' twice – choose a follow up ask

'Are you sure:' Short simple but very effective. It allows people to open up if they want too. Or lets the person know that you are really interested to know how they are.

'You know where I am if you need me:' This enables people to know that you have seen that they are not themselves. Not confronting but reminding that you are there if needed.

How's work/how was the weekend etc: You are showing an interest in that person without prying too much.

Having a tough day myself: being open your self can help others to share and be more open.

Asking someone how they are with sincerity and persistence (Ask Twice) does not mean that you have to gain superhero powers and fix all of their problems - it just shows that you actually care

There are no right or wrong answers – but if you ask twice with interest, it can really help when the person is ready to talk. **Remember – It's ok to not be ok**

