


Conversation starters




- Ask open-ended questions where possible, avoiding 'yes/no' answers
- Take time to listen and engage with the person you're speaking to
- If you wish to, share some of your own experiences to help the person feel at ease

A yellow speech bubble with a white interior and a yellow outline, containing the text "How are things?".

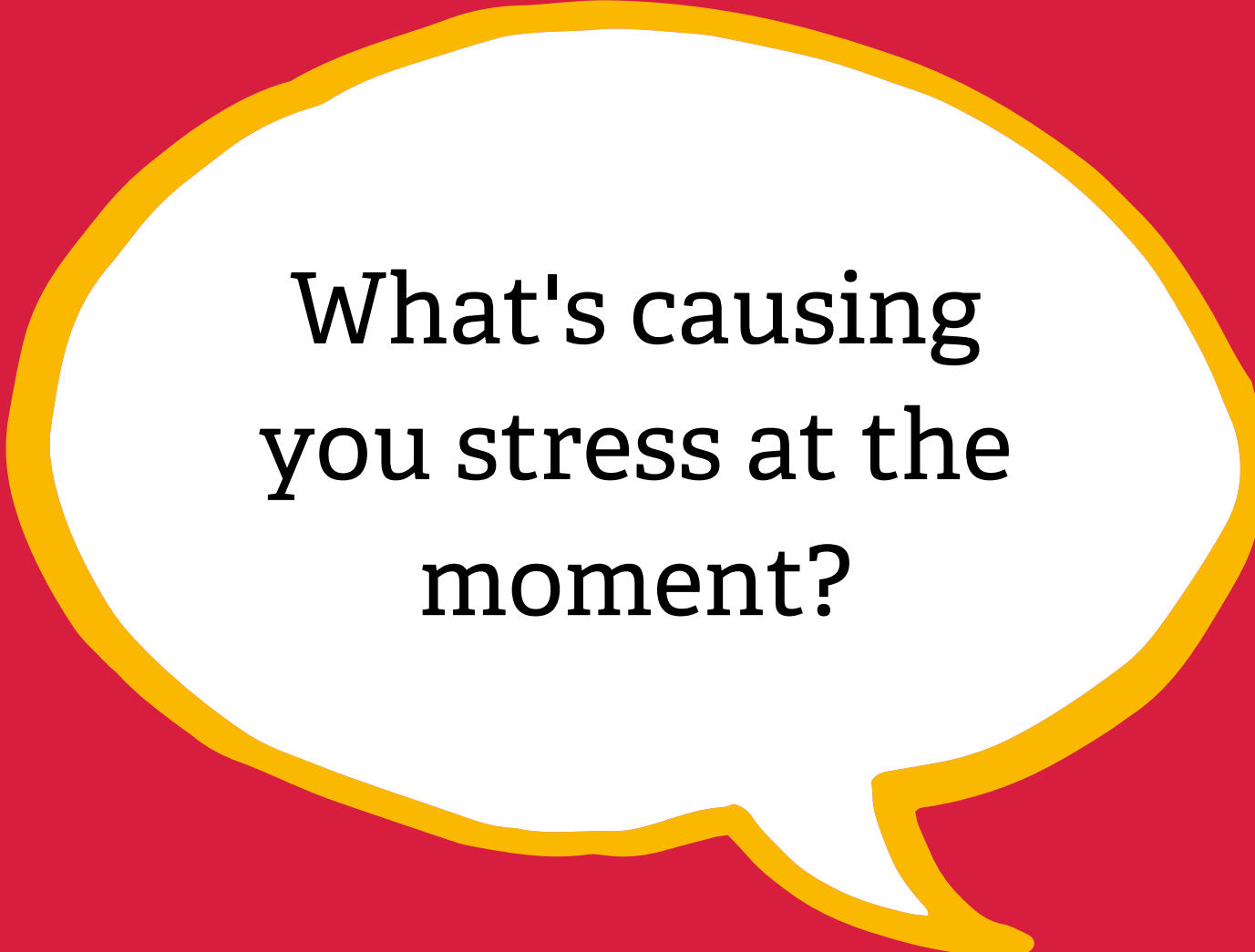
How are things?

A yellow speech bubble with a white interior and a yellow outline, containing the text "What made you smile today?".

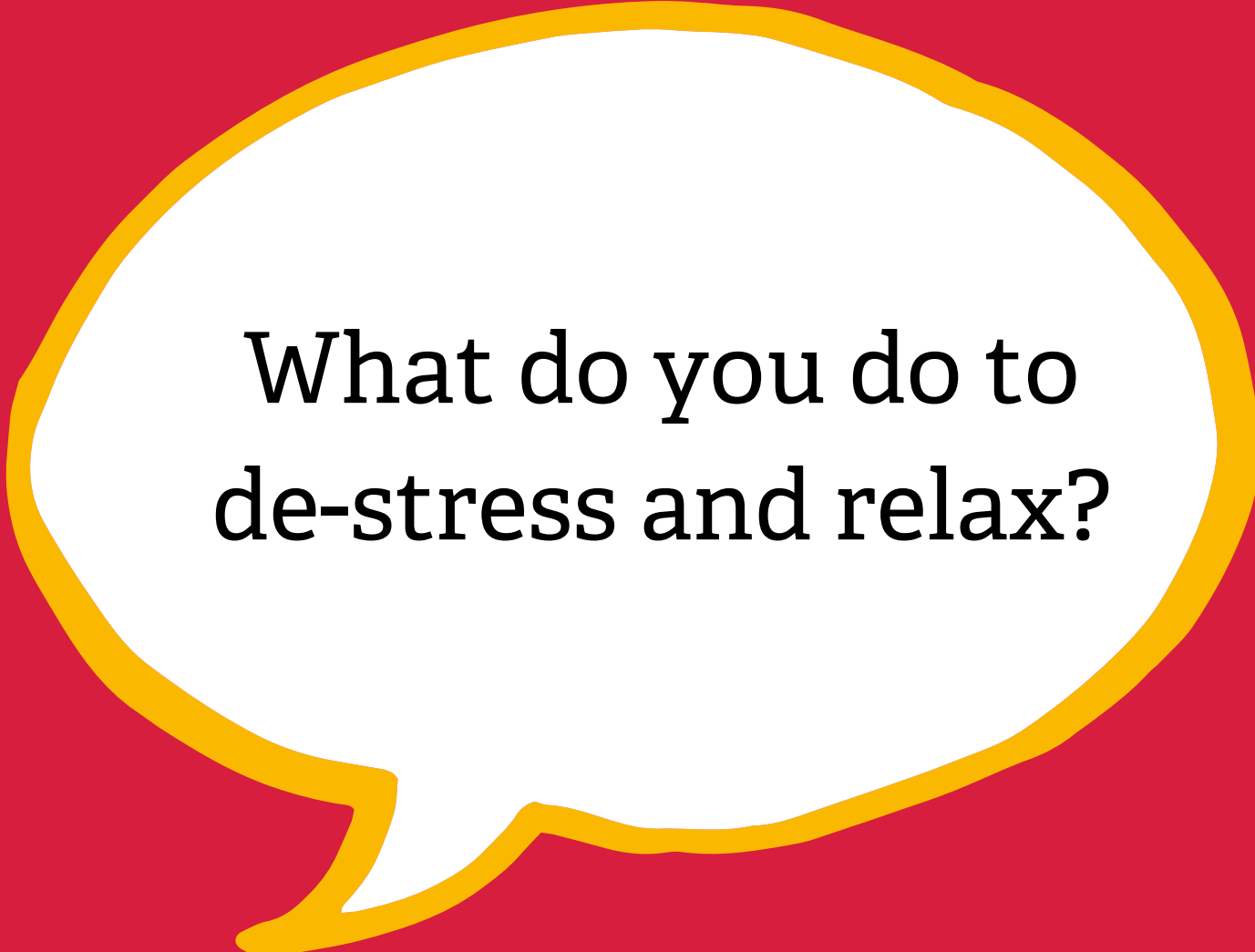
What made you
smile today?

A yellow speech bubble with a white interior and a thick yellow border. It has a tail pointing towards the bottom left.

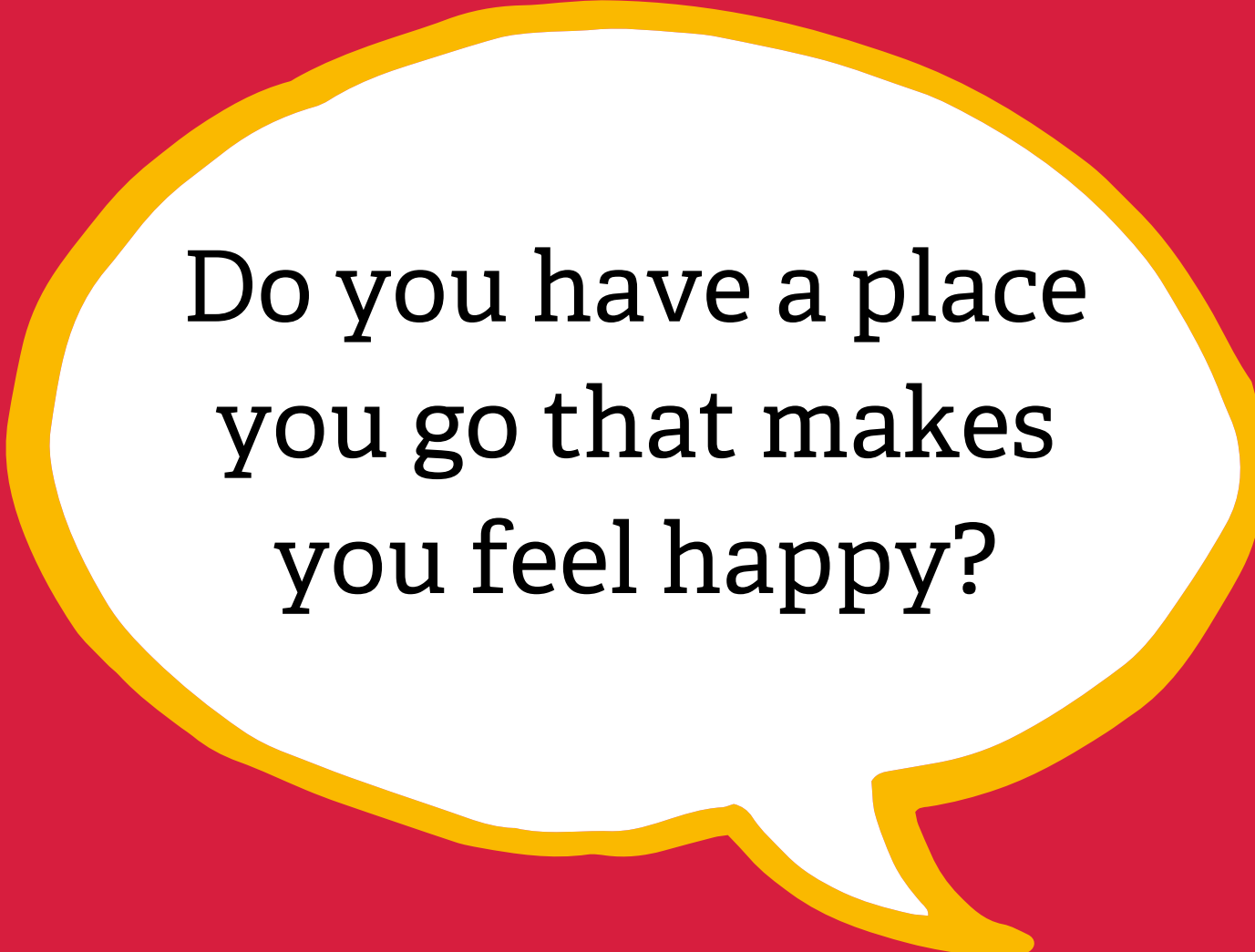
What are you doing
this weekend?

A yellow speech bubble with a white interior and a thick yellow border. It has a tail pointing towards the bottom right.

What's causing
you stress at the
moment?

A yellow speech bubble with a white interior and a yellow outline, containing the text "What do you do to de-stress and relax?".

What do you do to
de-stress and relax?

A yellow speech bubble with a white interior and a yellow outline, containing the text "Do you have a place you go that makes you feel happy?".

Do you have a place
you go that makes
you feel happy?