



Simple ways to **check in with those who matter** this summer

Summer is full of small, meaningful moments – standing by the BBQ, sharing a picnic, queuing for ice cream or catching your breath on a park bench. These relaxed, everyday occasions are the perfect chance to check in with someone you care about.

We all know the power of a good chat – especially when it comes to mental wellbeing. A simple “How are you?” in a sunny moment can go a long way.

HERE ARE A FEW EASY WAYS TO SPARK UP THAT CONVERSATION

01 START WITH WHAT’S HAPPENING AROUND YOU

Use the moment you’re in to open the door gently.

“It’s so nice to slow down for a bit – how’s everything going with you?
Feels like summer’s finally here – how’s your week been?”

02 BE OPEN ABOUT YOUR OWN FEELINGS

Sometimes sharing a little of your own story helps others feel safe to share theirs.

“I’ve been feeling a bit all over the place lately – how about you?
Glad we’ve got this time – it’s been a hectic few months, hasn’t it?”

03 ASK QUESTIONS THAT INVITE A REAL ANSWER

Open-ended questions give people space to reflect and respond honestly.

“What’s been on your mind lately?
What’s something that’s made you smile recently?”

04 KEEP IT LIGHT – OR GO DEEPER IF IT FEELS RIGHT

Trust your instinct. Some people just need a friendly check-in – others may need space to open up.

“You seemed a bit quiet last time we spoke – how are things now?
You’ve been on my mind – everything OK?”

05 MOST IMPORTANTLY – JUST LISTEN

You don’t need to have the answers. Just being there and listening can mean the world.

06 REACH OUT – EVEN WITH A SIMPLE TEXT

If someone’s been quiet lately, a quick message could be the spark that starts a conversation.

When you’re enjoying a quiet summer moment – relaxing in the sunshine with a cold drink or some lunch – take that time to text or call someone you haven’t heard from in a while.

Ask how they’re spending their time – it might lead to a follow-up chat or even a phone call. It’s another meaningful way to connect.

07 REMEMBER TO FOLLOW UP

If someone opens up to you, check back in a few days – it shows you care and that the conversation wasn’t just a one-off.

“Just wanted to see how you’ve been since we chatted.
Been thinking about what you said – how are things now?”

08 KNOW WHEN TO ESCALATE

If someone is really struggling – or you’re worried about their safety – encourage them to speak to a professional, or contact one on their behalf.

You’re not alone.

Suggest support services, local charities, or helplines.

If there’s immediate risk, contact emergency services

Helpful **Responses**

“That sounds tough – thank you for sharing that.
You’re not on your own. I’ve felt similar before
If you ever want support, there are brilliant organisations that can help.
Can I grab you a drink or just sit with you a minute?”

Simple **Do’s & Don’ts**

DO

- Make eye contact, smile, and keep it friendly.
- Let people talk at their own pace.
- Be open, non-judgemental and kind.
- Share your own experience if it feels right – but only if you’re comfortable.
- Signpost to help if someone needs more support.

DON’T

- Try to fix someone’s problem on the spot.
- Push for personal details or advice.
- Make assumptions about how someone feels.

FOR FURTHER HELP

If someone is at immediate risk of harm, call 999 or go to your nearest A&E.

Samaritans: Call 116 123 or www.samaritans.org

SHOUT: Text ‘SHOUT’ to 85258

Mental Health Wales: 01656 651 450

Tough Enough to Care: A 24/7 text support service – Simply text the word TOUGH to 85258

Call Mental Health & Social Inclusion Hub (MHSI) for access to 24/7 professional mental health support on 0808 196 3002

Contact YESS: 01889 567756

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