



MOVEMBER®

REACH OUT WITH ALEC

Four simple steps – use ALEC to help you navigate a conversation with someone who might be struggling.

A

ASK

Start by asking how they're feeling. It's worth mentioning any changes you've noticed in their behaviour/behavior: have they stopped replying to texts? Do they sound different on the phone?

“You haven't seemed yourself lately – are you feeling OK?”

Trust your instinct. Remember, people often say “I'm fine” when they're not, so don't be afraid to ask twice.

L

LISTEN

Give them your full attention. Let them know you're hearing what they're saying, and you're not judging. You don't have to diagnose problems or offer solutions, but asking questions lets them know you're listening.

Ask a question like:

“That can't be easy – how long have you felt this way?”

E

ENCOURAGE ACTION

Help them focus on simple things that might improve how they feel. Are they getting enough sleep? Are they exercising and eating well? Maybe there's something that's helped them in the past – it's worth asking.

Suggest that they share how they're feeling with others they trust. This will make things easier for both of you. And if they've felt low for more than two weeks, suggest they chat to their doctor.

C

CHECK IN

Follow up your conversation with a phone call or FaceTime. This helps to show that you care; plus, you'll get a feel for whether they're feeling any better.



Find out more at
MOVEMBER.COM

If you're ever worried that someone's life is in immediate danger, call your national emergency services number, e.g. 911. Huge thanks to R U OK? for developing the ALEC model.