



Check-in cards

Quick prompts to help start and guide conversations.

This isn't a script

Simply some helpful ideas to help you keep the conversation going and self reflection

Start the conversation

For when you want to gently open the door

- "You've not seemed yourself lately - want to chat?"
- "Got a minute for a proper check-in?"
- "How are you doing, really?"
- "No pressure, but I'm here if you want to talk."
- "What's been on your mind lately?"

Keep it going

When someone starts talking and you want to support, not steer

- "Thanks for telling me that—I really appreciate you trusting me."
- "That sounds tough. Want to talk more about it?"
- "What's been helping you cope with that?"
- "Do you want to vent, or want help finding a next step?"
- "Is this something you've felt for a while?"

Bridge the gap

When you sense they might need more than just a conversation

- "Have you thought about talking to someone professionally?"
- "Would it help if I came with you to speak to HR?"
- "You're not alone in this, Can I help connect you with support?"
- "Here's a card with support contacts just in case - no pressure."
- "Let's check in again next week - I've got your back."

Self-check reflection prompts

For self-awareness or encouraging someone to pause and reflect

- "What's one word that describes how I've been feeling today?"
- "Have I had a real break today - or just scrolled?"
- "What's taking up most of my headspace right now?"
- "Am I talking to myself like I'd talk to a mate?"
- "What do I need right now - food, rest, space, connection?"