

TIME TO TALK



STARTING THE CONVERSATION

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At Jaguar Land Rover, we believe talking about mental health can help you and those around you to be happier and healthier. By taking the time to have a conversation about mental health with a colleague, friend, or family member, we can show that it's okay to talk about mental health and help those who are struggling get the help they need. Take 10 minutes using the tips below to start a meaningful conversation.

Together we can have the conversation.

Talking about mental health might seem a little daunting and starting the conversation is usually the hardest bit, so here are some tips to help get you going. You don't have to be an expert on mental health to help someone and show you care.

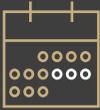
Try these three steps to get you going.

STEP 1. ENQUIRE

Take time to ask open questions such as:



How are you feeling today?



How long have you felt this way?



Has anything like this happened before?



Who do you have to talk to for support?



How can I help?

STEP 2. LISTEN

Actively listen to the person:



Choose a good setting where you can talk in private



Have a drink to break the ice



Avoid making assumptions, and really listen to how they are feeling



Offer reassurance that they are not alone and you are happy to help



Be patient, let them set the pace



Turn off your phone, if possible and give your full attention

STEP 3. SUPPORT

Offer appropriate information and enable people to try and identify their own solutions:



Be empathetic and take them seriously



Keep the chat positive and supportive, exploring the issues



Offer your support, but don't try and fix the problem



Take into account differences in cultural communication styles e.g. how much eye contact is appropriate



Do not offer glib advice such as "pull yourself together" or "cheer up"



Keep your body language open and non-confrontational

FOR MORE INFORMATION, SUPPORT AND RESOURCES, VISIT [HTTPS://WELLBEING.JAGUARLANDROVER.COM/](https://wellbeing.jaguarlandrover.com/)