

A Quick Guide to Checking In on a Friend, Coworker, or Loved One

It can start with a simple check-in: “You good, man?” By showing up and speaking up, you’re letting someone know they’re not alone. In Rhode Island, suicide rates are nearly twice as high for men. Many struggle in silence—feeling pressure to stay strong or not wanting to be a burden. That’s why checking in—even with a few simple words—can make a real difference.

Support starts with a simple check-in.

Know the Signs

Something feel “off”? Trust your gut.

Look out for:

- Withdrawal or isolation
- Mood changes or irritability
- Missing work or showing up late
- Saying things like “I’m tired,” “I’m done,” or “What’s the point?”
- Changes in appearance or hygiene

Reach Out

Reaching out can feel awkward—but it matters.

Try opening with:

- “You good, man?”
- “Hey—I just wanted to check in.”
- “No pressure — I’m around.”
- “Everything going okay lately?”

What to say

You don’t have to say the perfect thing. Even a short message can show you care.

Try:

- “I’ve got your back — just say what you need.”
- “What’s been going on lately?”
- “Anything I can do?”
- “We don’t have to talk, but I’m here if you do.”

What Not to Say

Avoid minimizing, blaming, or fixing.

Don’t say:

- “You just need to toughen up.”
- “Everyone deals with stress.”
- “Just think positive.”
- “That’s nothing. You should hear what happened to me.”

Listen Without Judgment

Your presence means more than your advice.

- Let them talk
- Don’t interrupt or try to “solve” it
- Validate: “That sounds really tough.” / “Thanks for sharing that.”
- Ask: “What do you need right now?” or “How can I support you?”

Take the Next Step

Keep the door open. You’re not alone in helping.

Offer to:

- Look up resources together (988, local support, therapy)
- Share the campaign: YouGoodMan.org
- Check in again soon: “Mind if I check in tomorrow?”

Need More Support?

Call or text 988 — 24/7, free & confidential

Text HOME to 741741 — 24/7 support for anyone in any type of crisis

Start a Practice Conversation at conversations.movember.com

