

2025

WORLD MENTAL HEALTH DAY CHECK-IN

PEER DISCUSSION GUIDE

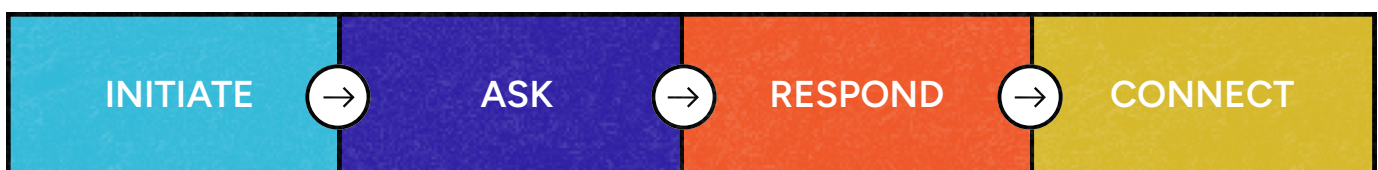


OK
TODAY



This Peer Discussion Guide is part of OK Today's **World Mental Health Day Check-In**, created to help young adults to pause, reflect, and open space for honest conversations with their peers about mental health. Sometimes the simplest "How are you today?" can make all the difference.

This guide is designed to be simple, relatable, and action-oriented. It encourages using the guide to **start the conversation, follow-up afterwards**, and **offer ongoing peer support**. Youth-led conversations can shift how people think and talk about mental health, and this is one step toward that change.



INITIATING THE CONVERSATION

Starting the conversation can feel intimidating, but the way you do it can make all the difference.

REACH OUT CASUALLY	• Send a text, a funny or relatable TikTok, etc. Use light humor, music, or a playlist to lift their mood. • Suggest a fun and light activity that can lift moods without ignoring feelings.
BE DIRECT AND GENTLE	Be direct but gentle to help them feel safe. • <i>"I noticed you seem a bit down. Do you want to talk?"</i>
RESPECT PRIVACY	Respect their privacy so they feel comfortable opening up. • Check in one-on-one, not in front of everyone.
VALIDATE FEELINGS	Respect their privacy so they feel comfortable opening up. • Check in one-on-one, not in front of everyone. • Avoid "at least..." statements, and show empathy by acknowledging their experience.
OFFER SMALL GESTURES	Offer small gestures to show you're present and you care in a low pressure way. • Order their favorite meal, sit with them, spend quiet time together (offer non verbal support).

ASKING QUESTIONS

Make space to share by asking open, non-judgmental questions that invite an honest conversation.

QUICK OPENERS	• "How are you feeling today?" • "What's been on your mind lately?" • "How's life treating you?"
GENTLE CHECK-INS	• "Is there anything you've been needing, but haven't had the space to ask for?" • "What would make today feel a little lighter for you?" • "Would you like company, a vent session with some coffee, or just someone to sit with?"
CREATIVE STARTERS	• "If your mood was a playlist right now, what songs would be on it?" • "If today had an emoji, which one would you pick for yourself?"

HOW TO RESPOND

The most important thing is to listen without judgment and remind them that they're not alone.

OFFER SUPPORT	• "What's one thing I can do for you right now that would feel supportive?"
REASSURE THEM	• "You don't have to go through this alone. I'm here and you can share with me."
SUGGEST AN ACTIVITY	• Take a walk, grab their favorite drink or meal, and talk it out. • Try drawing, coloring, or painting to help them reflect how they're feeling without needing words. • Revisit something they enjoyed as a kid, like a game, movie, or TV show. • Invite them to a yoga or gym session to release stress.

STAYING CONNECTED

Support doesn't end with one conversation. Keep showing up in ways that matter.

CHECK BACK IN	• "How have you been since we talked or met?"
BE CONSISTENT	Small, regular check-ins show care more than one big talk. Consistency builds trust. • <i>"I hope today feels a little lighter than yesterday."</i> • <i>"No pressure to reply, I just wanted you to know I'm here for you."</i>
VALIDATE FEELINGS	Validate their feelings with supportive phrases. • <i>"You're not in this alone, I'm here."</i>
ADAPT SUPPORT	Adapt support as needs can change overtime. • Ask if they need you to just listen, give advice, or help find tools or resources. • Always follow your intuition, notice and affirm little steps forward.
RESPECT SPACE	• If they are not ready, let them know you're available. • Keep your focus on them and listen more than you talk.
CLOSE WITH CARE	End conversations on a kind and helpful note with warmth and reassurance.



Need crisis support?

If you or a friend need urgent assistance, call your local emergency services immediately. If you feel it's safe, stay with your friend, or find someone to stay with them until help arrives.

In the U.S., the 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress. Call or text 988 or chat 988lifeline.org.

oktoday.org