

I Statements

An “I” statement can be a great way of starting a MHFA Conversation as it does not contain the word **YOU!**

An I statement will vary depending on the situation and the person you are talking to, but it follows a similar pattern for all.

In black are the constants, in **RED** are suggestions based on our experience!

I Feel **_Concerned, Sad, Worried**

Because I've Noticed, **Changes, Sadness, lack of concentration, Worry, Lack of sleep**

And I would Like, **To hear, understand, talk, Listen, find out about it.**