



# CHECK IN

## ON YOUR PEOPLE

Something might not be quite right with a mate, a loved one or even yourself.  
Be brave and have a conversation, one person can make a huge difference.  
Use the ALEC model:

### A – ASK

- Simply asking “are you doing OK?” or “how’ve things been going lately?”
- Include something specific you’ve noticed e.g. “you seem quieter than usual”
- If they’re not keen to chat let them know you’re there if they need an ear.

### L – LISTEN

- Remove any distractions and really listen to what they’re saying.
- Try using open ended questions like “How long have you been feeling this way?”
- Save any advice for later and avoid judging how they might be feeling.

### E – ENCOURAGE

- Encourage them to think about what might help e.g. “What would help make things feel a little easier?”
- It’s ok to say “I’m not sure what to say”. Just let them know that you’re not going anywhere and you’ll support them to find the help they need.

### C – CHECK BACK IN

- Lock in time to catch up again.
- Be specific about a day and time, set a reminder.