

FIVE TIPS

FOR NONJUDGMENTAL LISTENING

- 1 Reflect on your own **state of mind**.
- 2 Adopt an **attitude** of acceptance, genuineness and empathy.
- 3 Use **verbal skills** to show that you're listening.
- 4 Maintain **positive** body language.
- 5 Recognize **cultural** differences.

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*Information provided by
the MHFA curriculum.

