



FADE OUT DEPRESSION

WHAT YOU SHARE IN YOUR CHAIR COULD SAVE A LIFE.

dkbmed

Jointly provided by
Postgraduate Institute for Medicine
and DKBmed, LLC.
Supported by an educational grant
from Takeda Pharmaceuticals
U.S.A., Inc.

Barbers & Stylists Guide: Talking About Depression Behind the Chair

1. Start with Care

You're more than a barber or stylist—you're often a trusted ear. Here's how to check in casually:



- “Hey, how’ve you been feeling lately?”
- “You’ve been kind of quiet today—just tired, or is something on your mind?”
- “Life been treating you okay these days?”

👉 *Keep it open-ended and non-judgmental.*

2. Normalize the Topic

Let clients know they're not alone and it's okay to talk about mental health:



- “A lot of folks are dealing with stress, sadness, or just feeling off.”
- “Mental health is just like a haircut—sometimes you need a little maintenance.”

👉 *Helps reduce stigma and opens the door for deeper conversation.*

3. Share helpful info casually

Keep our brochure handy. Offer it casually:



- “If you or someone you care about ever feels stuck, this has info on what to look out for and where to get help.”
- “Want to take this? It's helped other people know what to do if things feel heavy.”

👉 *This gives them a low-pressure way to engage. No pressure—just letting them know help exists.*

4. Encourage talking to someone

"It's okay to talk to someone, even just to get things off your chest. Doesn't have to mean something's wrong—it's about staying strong."



- "You're not alone. A lot of people go through tough times."

You don't have to solve it—just be a safe space:

👉 This reframes help-seeking as strength, not weakness.

5. Offer to listen or support

"I'm no expert, but if you ever need to talk, I'm here."



- "You don't have to go through things alone—there's always a next step."

👉 Even brief moments of empathy can make a huge difference.

6. If the Conversation Escalates

If a client shares something that sounds **serious or concerning**, stay calm:

- "Thank you for trusting me. I think it might help to talk to someone trained to support you."
- "Would you like me to help you call or look something up?"



If they mention thoughts of **self-harm** or **suicide**, offer to help them connect with someone immediately:

- 📞 **Call or text 988 – the Suicide & mental health line** (available 24/7)

👉 You don't need to fix it—just help connect them to care.

And Don't Forget About You



Hearing hard things can weigh on you, too. Talk to others, rest, and take care of your own mental health.