

Making Your Space Safer

Plan how to ask someone to help make your place a bit safer for a while.

WHEN TO USE THIS

Use this ahead of a hard stretch, ideally with someone you trust sitting with you.

Who could you ask for help with this? Someone steady, not someone who panics.

What would you say when you ask? Try one sentence.

Can you come by Saturday? I want help sorting something out at home.

Not safe right now? Call or text 988, the Suicide and Crisis Lifeline, before anything else. You do not have to be alone in this hour.

What would make this easier to do?

- ☐ Having someone else start the talk
- ☐ Doing it while a friend is here
- ☐ Doing it before things get hard
- ☐ Keeping it between the two of us
- ☐ Sending a text instead of talking
- ☐ Agreeing when we revisit it

When will you ask? Put a day and a time.

This is a practical thing, like leaving your keys with a neighbour. Nothing more.