

Telling Someone You Are Not Okay

Find the words for saying you are not doing well, before you need them.

WHEN TO USE THIS

Use this when you have been holding it on your own and want that to change.

Who is most likely to take this well?

Write the sentence you would say to them. Short is fine.

I am not okay, and I did not want to keep carrying it on my own.

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 are you worried will happen?

- ☐ They will make it about them
- ☐ They will panic
- ☐ They will not believe me
- ☐ Things will change at home
- ☐ They will tell other people
- ☐ They will not know what to say

How and when will you say it? Text, call, or in person.

You do not have to explain all of it. You only have to start it.