

What You Want People to Do

Tell the people around you what actually helps and what makes it worse.

WHEN TO USE THIS

Fill this in when things are steady, then show it to someone close to you.

When you are having a hard time, what helps and what makes it harder?

HELPS

MAKES IT HARDER

If you are not safe right now, call or text 988, the Suicide and Crisis Lifeline. Reach out now. You do not have to hold this alone.

Who will you show this to, and when?

People guess when they are worried. This page saves them the guessing.