

What to Say When You Call

Write out the first sentence now, so you do not have to find words in a hard moment.

WHEN TO USE THIS

Use this before you call someone, or ahead of time so it is ready and waiting.

Write your first sentence. Plain and short.

I am having a really hard night and I did not want to be on my own.

What do you want from this call? Put it in one line.

Company. A ride. Someone to stay on the phone while I fall asleep.

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 is the hardest part of calling?

- ☐ I do not want to worry them
- ☐ I do not know what to ask for
- ☐ It feels like too much to explain
- ☐ They might not pick up
- ☐ I have called them before
- ☐ I would rather send a text first

If they do not pick up, who is next? Write the name and number here.

You only have to get the first sentence out. The rest of it comes easier.