



FREE PRACTICAL TOOL

A Support Plan for Someone You Love

A kind, practical guide for showing up without taking over.

Start here

- 1 Say: "I am here. Do you want listening, ideas, or practical help?"
- 2 Offer one specific thing: a meal, a ride, a call, or help finding information.
- 3 Respect their no. Support works best when it is invited.
- 4 Follow up: "Thinking of you. No pressure to reply."

IMPORTANT NOTICE AND LIABILITY DISCLAIMER

This resource is provided by A Contagious Smile for general educational and informational purposes only. It is not medical, mental-health, legal, financial, or emergency advice; it does not diagnose, treat, or prevent any condition; and it does not create a professional-client, therapist-client, doctor-patient, or other professional relationship.

By downloading or using this resource, you acknowledge that you are responsible for your own decisions and actions. To the fullest extent permitted by applicable law, you agree that A Contagious Smile and its owners, contributors, and affiliates are not liable for any direct, indirect, incidental, consequential, special, or other loss, injury, damage, or claim arising from your use of, reliance on, or inability to use this resource. Nothing in this notice excludes or limits liability where it cannot legally be excluded or limited.

If you are in immediate danger, at risk of harming yourself or someone else, or need urgent help, call local emergency services. In the United States, call or text 988 for the Suicide & Crisis Lifeline.