



FREE PRACTICAL TOOL

When Someone Says They Are Not Okay

A compassionate first response for when someone you care about shares that they are struggling.

Start here

- 1 Stay present and say: "Thank you for telling me. I am here with you."
- 2 Ask what they need right now: listening, company, practical help, or help reaching support.
- 3 If they may be in immediate danger or at risk of self-harm, contact local emergency services. In the U.S., call or text 988 for immediate crisis support.
- 4 Do not carry it alone. Reach out to another trusted support or qualified professional when appropriate.

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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.