



FREE PRACTICAL TOOL

Telling Someone You Need Help

Words and steps for reaching out when asking feels vulnerable or hard to begin.

Start here

- 1 Choose one person who has shown care, steadiness, or discretion.
- 2 Start simply: "I am struggling and I do not want to handle this alone."
- 3 Name one specific kind of support: listening, a ride, help finding care, or a check-in.
- 4 If the first person cannot show up, it does not mean you asked wrong. Try another safe support.

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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.