



FREE ONE-PAGE TOOL 08 | SURVIVOR SUPPORT

After a Difficult Call

A hard conversation can linger. You are allowed to tend to yourself afterward.

1 Come back to the present

Notice where you are, what you can see, and what would help you feel steadier.

2 Separate facts from feelings

Write down only any practical follow-up you actually need to remember.

3 Choose contact deliberately

Decide whether you want a trusted person to check in or whether quiet feels better.

A phrase you can borrow

"That call was hard. I could use a check-in later, not advice right now."

Make it yours

One thing I need after difficult conversations:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: cdc.gov/emotional-well-being/conversations-matter/index.html