



FREE ONE-PAGE TOOL 04 | PEER SUPPORT

Before Your First Peer Conversation

You do not need a polished story. A first conversation can start with a single sentence.

1 Choose your pace

Decide whether you would rather talk, write, or begin with a question.

2 Name one hope

Maybe you want to feel heard, understand the options, or simply meet the person.

3 Keep your choice

You can ask about cost, confidentiality, and how the conversation works before sharing details.

A phrase you can borrow

"I am not sure where to begin. Could you tell me what a first conversation is like?"

Make it yours

One thing I hope this conversation gives me:

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: samhsa.gov/mental-health/trauma-violence/trauma-informed-approaches-programs