



FREE ONE-PAGE TOOL 15 | FOR SUPPORTERS

Check In Without Pressure

A gentle check-in leaves the door open without demanding a response.

1 Offer a choice

Ask whether they prefer a call, text, or no reply needed.

2 Be specific

Offer one practical action rather than saying only, "Let me know."

3 Respect silence

A lack of response may mean they need space or that communication is unsafe.

A phrase you can borrow

"Thinking of you. No need to reply. I can drop off dinner Thursday if that would help."

Make it yours

A specific, low-pressure offer I can make:

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