

10 WAYS

TO REACH OUT FOR HELP

TEXT/CALL: 1-888-606-HOPE

EMAIL: teens@bloom365.org

CHAT: www.bloom365.org

- 1) "I am (depressed/suicidal/unsafe/etc.). I'm not sure what to ask for, but I don't want to be alone."
- 2) "I'm struggling with (______). Can we talk/meet up/text to come up with a better plan?"
- 3) "I don't feel safe by myself right now, can you stay on the phone with me until I calm down?"
- 4) "I'm in a bad place and am not ready to talk about it. Can you help me distract myself?"
- 5) "Can you check with me (on [date]/everyday) just to make sure I'm alright?"
- 6) "I'm having a hard time with taking care of myself. I need extra support right now around (homework/cleaning/self-esteem/etc.). Can you help?"
- 7) "I've been feeling low. Can you remind me about a good memory?"
- 8) "I'm struggling right now. Can you give me a call tonight?"
- 9) "I'm going through a tough time and I feel like you're someone I can trust. Can we talk tonight?"
- 10) "I'm unsafe. I need help right now."

