Before anyone needs it

Checking in and asking for support

Asking for support or checking in doesn't have to be awkward or dramatic. The easiest way is to agree on how you'll do it before anyone needs it.

1 Name your safe people

While you're feeling calm and well, identify the people who respond to you with compassion and care.

2 Agree on your words in advance

Let them know what you'll say when you need support and how you'd like them to respond. Jenny's friends use **"I didn't make my bed today,"** which means "please remind me I'm loved," with no need to explain or fix anything.

3 Check in without pressure

Try "I'm checking in," or "Is there anything you'd like to talk about?" If the answer is no, respect it. The point is for them to feel seen and loved.

The "My Safe People" emoji tip

- When you feel calm, choose the people who feel like a safe space for you.
- Pick an emoji that represents safety to you.
- Add it to their names in your phone contacts.

On a hard day, search for your emoji and your safe people are right there.

INSTEAD OF	TRY
What's wrong with you?	**I'm checking in.**
Why aren't you any fun lately?	**I've noticed a shift in your energy. I'm here.**
Cheer up!	**Want to grab a coffee or go for a walk?**

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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