



SHOW UP. CARE. BE REAL.

BE AN ALLY TO YOUR BROTHERS AND SISTERS.

CHECK-IN.

Keep it low-stress and discreet.

ASK.

- “How are you—really?”
- “Talk to me. I’m here. I’m listening.”
- “Would you talk to someone if I helped?”

DON'T FIX. JUST BE THERE.

Listen without needing to provide answers.

FOLLOW UP.

- “Will you promise to call 988 today?”
- “Can we loop in a family member for support?”
- “Let’s check in tomorrow, okay?”

**NEED HELP NOW?
CALL OR TEXT 988**

