

You Good?

Just Checking In

If you're not sure how to start the conversation with others about difficult situations, you can use one of our text templates to get you started. You can use the messages as is or add some flair and make them your own.



Hey [Name], I know things have been really challenging. Just wanted to remind you how strong you are. How are you holding up?

Hey [Name], I just wanted to remind you that I'm here for you, no matter what. How are you doing?

Sunday, September 1

7:41

Hey [Name], I wanted to see how you're doing. If there's anything I can do to support you, please let me know. Even if it's just lending an ear.

Hey [Name], just wanted to send some positive vibes your way! How are things going for you?

Hi [Name], just checking in. How about we do something fun this weekend to take a break from all the stress? Let me know if you're up for it.



Hi [Name], I know things have been tough lately. Just wanted to check in and see how you're doing. Remember, you're not alone, and I'm here for you.

Hey [Name], I know things have been rough. Want to hang out and take your mind off things for a bit? Maybe watch a movie or grab a coffee?



Hi [Name], I know you've been going through a lot lately. Just wanted to remind you that you are awesome and I'm here for you. How are you holding up?

Hi [Name], I remember you had [specific event] recently. How did it go? Just checking in—you good?

Need additional support? Text **YOU** to **741741**.

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How to Continue the Conversation

You reached out, that's fantastic! Now what? Continuing the conversation is equally as important as initiating it, so here are some quick actionable tips to help you keep the conversation going and continue offering your support to others.

Be Patient and Open:

Give them time to respond and let them know you're there for them whenever they're ready to talk.

Example: "No rush to reply, but I'm here whenever you need to chat."

Ask Open-Ended Questions:

Encourage them to share more by asking questions that can't be answered with just a yes or no.

Example: "What else has been going with [specific situation]?"

Validate Their Feelings:

Acknowledge their emotions and let them know it's okay to feel whatever they're experiencing.

Example: "That sounds really tough, and it's okay to feel that way."

Offer Support and Encouragement:

Let them know they're not alone and that you're there to support them.

Example: "I'm here for you or you can text **YOU** to **741741** to chat with a volunteer counselor for free."

Be Genuine and Authentic:

Speak from the heart and show genuine interest in their well-being.

Example: "I really care about you, and I want to make sure you're okay."

Share Your Own Experiences:

Sharing your own experiences can make them feel more comfortable opening up.

Example: "I remember when I felt [similar experience], and it helped me to [share what helped]."

Check-In Again Another Time:

Follow up another time to show that you are concerned and are available for continued support.

Example: "Just wanted to check in again and see how you're doing today."