

LEVEL 1: CHECK IN

If you're not sure how to start the conversation with fellow gamers about difficult situations, our text templates can help you kick things off. You can use the messages as is or add some flair and make them your own.



Hi [name/gamertag], 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/gamertag], I know things have been really challenging. Just wanted to remind you that you don't have to bottle it in. How are you holding up? Do you have 5 mins to chat?



Hey [name/gamertag], GG. How are things going for you?

Hi [name/gamertag], it's been awhile! How are you holding up?

Hey [name/gamertag], I know things have been rough. Want to game and take your mind off things for a bit?



Hi [name/gamertag], you've been AFK for a while. Just checking in—you good?



Hi [name/gamertag], just checking in. How about we game and catch up this weekend to take a break from all the stress? Let me know if you're up for it.



Hey [name/gamertag], 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 playing [a game] together.



Hey [name/gamertag], I just wanted to remind you that I'm here for you, no matter what. You good?

LEVEL 2: 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: "I know you're AFK so there's 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 **HUMBLE** 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."



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