

Caring Contacts

have you had suicidal thoughts?
problems that felt unsolvable?

we've been there too.



Visit nowmattersnow.org for strategies that have helped us survive and build more manageable and meaningful lives.

@nowmattersnow   

Jeff - Thank you for coming in today and for answering all the questions. I know you weren't comfortable. Based on our brief time together, I can see that you know how to get through hard times. I wish you didn't have to be - but it seems to me you very strong.

-Ursula

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Danyelle, I have much hope for you. I think that what we worked on today and this website will be helpful. I look forward to seeing you again. I'll remember what you said about your daughter. With care, Xiaoshan

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Dear Sascha,
Thanks for sharing with me what used to make you feel alive. I have lots of ideas for steps to take back in that direction. I look forward to seeing you again to talk more. And that you for your humor - you crack me up. From, Dan

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Example Text – Caring Contacts

Do you mind waiting for just a moment before you wrap up?

I'd like to give you something.

Would you mind carrying it in your wallet?

I don't know about you, but sometimes I need a reminder that someone [has my back, isn't judging me, knows where I've been, understands why things are the way they are]. This is that reminder.

I hope you won't lose it.

Is there a place you can keep it?

I want to make sure you know there is someone who has [lots] hope for you.

I enjoyed meeting you. I want to give you a reminder of that.