

10 Ways To 'Reach Out' When You're Struggling With Your Mental Health

1. "I'm (depressed/anxious/suicidal). I'm not sure what to ask for, but I don't want to be alone right now."
2. "I'm struggling with my mental health and what I've been trying isn't working. Can we (meet up/Skype/etc.) on (date) and come up with a better plan?"
3. "I don't feel safe by myself right now. Can you stay on the phone with me/come over until I calm down?"
4. "I'm in a bad place, but I'm not ready to talk about it. Can you help me distract myself?"
5. "Can you check in with me (on date/every day), just to make sure I'm alright?"
 - "I'm in a funk right now. Do you want to be self-care buddies? Like text each other once a day on something that we did to care for ourselves?"
 - "I've been isolating myself a little lately. Can you check in with me every so often?"
6. "I'm having a hard time taking care of myself. I need extra support right now around (task). Can you help?"
7. "I've been feeling so low. Can you remind me about what I mean to you or share a favourite memory? It would really help me."
8. "I'm struggling right now and I'm afraid I'm reaching my limit. Can I give you a call tonight?"
9. "I know we don't talk much, but I'm going through a tough time and I feel like you're someone I can trust. Are you free to talk (day/time)?"

While it's important to be respectful of people's capacities and boundaries (and be prepared, of course, if someone can't be there for you or isn't helpful — it's not personal), you might be surprised by the responses that you get.

10. "I'm suicidal. I need help right now."

Raise the alarm and be as direct as you need to be. An emergency is an emergency, whether it's a heart attack or a self-harm risk. Harm to you in any form is reason enough to ask for help.