

Hi, _____. I have been living with _____, and I wanted to give you a better idea of what that looks like for me and how you could help.

My experience of my mental illness(es) usually looks like:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

Ways you can support me are:

Things that are NOT helpful are:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Signs I'm doing worse are:

If you're concerned about me, you can:

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Hi, Mom & Dad. I have been living with depression, and I wanted to give you a better idea of what that looks like for me and how you could help.

My experience of my mental illness(es) usually looks like:

- isolating from friends/family
- moving more slowly
- taking longer to think and respond to things
- crying a lot
- moving more slowly

- trouble keeping the apartment clean
- trouble taking showers & brushing teeth
- taking a while to make decisions

Ways you can support me are:

- listening to me without offering solutions
- asking if I'd like to problem-solve an issue before offering your input
- helping me with chores
- going with me on walks
- just sitting with me without talking

Things that are NOT helpful are:

- telling me that I just need to do (exercise, work, etc.) and I'll feel better
- saying things like "everyone feels sad at some point"
- telling me that I'm lazy
- asking me what I have to be depressed about?
- calling providers w/o permission

Signs I'm doing worse are:

- crying more
- staying in bed all the time
- not eating real meals
- not showering in 5+ days
- not responding to calls/texts

If you're concerned about me, you can:

- call me, express your concern & give options for helping
- if I'm not answering, call my roommate (888-123-4567)
- if still unreachable, call 988

Hi, _____ . I have been living with _____ , and I wanted to give you a better idea of what that looks like for me and how you could help.

My experience of my mental illness(es) usually looks like:

Ways you can support me are:

Things that are NOT helpful are:

Signs I'm doing worse are:

If you're concerned about me, you can:

