

Emotional Support



Be Near Someone You Trust

Sit or spend a little time near someone you trust. You do not need to talk or explain what you are experiencing.

Choose a phrase that feels reassuring or grounding to you.

I am safe right now.

This will pass.

One step at a time.

Choose a Reassuring Phrase

Choose a short phrase that feels reassuring or steady to you, such as “I can take this one moment at a time.”

Ask for one small, practical form of support.

Can I have some water?

I need a few minutes of space.

Can you help me with _____?

Ask for Practical Support

Ask someone you trust for one small thing that would help right now, such as bringing you some water, giving you some quiet space, or helping with a task.



Hold Something Familiar

Hold an object that feels familiar or comforting and notice how it feels in your hands.