

How To: Make a mayday call

There are times when you need help RIGHT NOW. You are not safe. You need someone to reach in your life, grab your hand and help you to safety.

Who to call: A trusted adult. This could be a parent, coach, teacher, therapist, hotline counselor or pastor. Friends and peers can offer lots of support too but when your safety is at stake, adults have more life experience and access to resources to help you through the crisis you're facing. If you don't have a supportive adult in your life, remember, you can always reach out to our hotline 800-448-3000. We are here to help 24/7.

What to say: I need help RIGHT NOW!

How to tell them about your problem:

I need help RIGHT NOW! (show the urgency of the situation)

I am having suicidal thoughts. (name the problem that is making you feel unsafe)

I am thinking of ending my life by _____. (explain the details of your situation)

I don't think I can be safe on my own. Clarify that this is not something that you can handle by yourself.

Accept help. The more willing you are to accept help, the more effective your help will be. If you're transparent about your feelings and your circumstances, this will help your trusted adult guide you to safety.

My Mayday Call

I need help RIGHT NOW!

I am:

(the details of your situation)

I don't think I can be safe on my own.



YOUR Life YOUR Voice

www.yourlifeyourvoice.org