

Letter Template

When reaching out for help, it can be scary to think about what to say or how to say it. Planning what you're going to say and when you're going to say it can help you do this. Using this letter template can help you tell people how you are feeling so you can get the help you need.

Dear _____

I need to tell you about something that you may find difficult to hear and understand. The reason that I want to tell you is because I would like to have your help. I would like to share some of the thoughts and feelings I have been experiencing that have become very overwhelming and confusing.

Sometimes, I struggle and I have thoughts about dying and suicide. These thoughts can be very scary and can happen when – (things become too difficult to cope with/I feel so much/I feel numb/I want to punish myself/ I don't know what to do/want to escape).

I would like it if you could help me by (listening to me/spending more time with me/helping me think about ways of dealing with things I find hard/working through a safety plan with me/being there for me/getting me some professional help). I would like to be safe from suicide and I know that it will take time for me to work on this, so I will need you to be patient with me.

Thanks for helping me