

# Conversation Cheat Sheet: How to ask your family/friends for help



- I need to be honest with you. My depression is really bad right now. It feels like \_\_\_\_\_ (I am being swallowed by a dark, heavy sadness; my whole body hurts and I cannot process my thoughts rationally, I am having scary thoughts, etc.)
- I'm unsure how to take care of myself right now. I am really scared. As much as I wish I could do this on my own, I can't. Could you help me?
- I need your help right now. Could you help me by \_\_\_\_\_ (watching my kids, calling my doctor for me, sitting with me, etc.)
- I know this won't last forever, but it's vital that I take care of my mental health right now. Would you be willing to step in and help with \_\_\_\_\_?