

How to Tell Someone You Are Not Safe

Copyable words for reaching out when you should not be alone.

Still Here Faith - Not a ladder. A chair.

Use these exact words if you need to

I am not safe alone right now. Can you stay with me or help me get help?

I am having thoughts of hurting myself and I need help staying safe. Can you call me now?

Can you come over or help me get to urgent care? I should not be alone.

If they do not answer

Call or text 988 in the U.S. Contact emergency services if danger is immediate. Move toward another person if you can. Do not wait for the perfect words.

For a pastor or trusted church person

I am in a mental health crisis and I need practical help right now. Can you help me contact crisis support or get to a safe place?

Safety note: This resource is encouragement and resource navigation, not therapy, medical advice, diagnosis, treatment, or crisis care. If you might hurt yourself or are not safe, call or text 988 in the U.S., contact emergency services, or get near a trusted person now.