

# A GUIDE TO SHOWING UP

It's a hard moment for many of us right now. Both being okay and not okay are normal. Give grace to yourself and others, be clear and direct, and keep the lines of communication open.

*This guide offers practical ways to offer, build, and ask for support—home, work, community. Small and simple acts spark real change.*



## Show Up for Yourself

- Name what you feel. "I don't know," or "I'm angry" all count. Feelings are data.
- Keep small anchors. Sleep, hydrate, eat, walk, rewatch something familiar.
- Turn down the noise. Step away from media; try music, a book, or a podcast.
- Use support. Therapy, counseling, and AI tools (as prompts, not substitutes).

## Show Up for Someone Else

- Be present. Text, call, or sit with them. Listen more than you speak.
- Don't chase perfect words. "I'm sorry this is hard. I'm here with you," is enough.
- Offer specific help. "I'm at the store—milk, bread, or snacks?" "I can take one task this week—what helps most?"
- Follow through later. "Thinking of you today—want company or a snack?"

## Where to Get Support

- Emergency danger: Call 911.
- 988 Suicide & Crisis Lifeline: Call or text 988 anytime.
- Crisis Text Line: Text HOME to 741741.
- Therapist finder: Use a licensed-provider directory (e.g., Psychology Today).
- Employee Assistance Program (EAP): Many employers offer free, confidential counseling. Check your benefits portal or ask HR.

## Safety when risk may be elevated

If things feel unsafe, consider small steps:

- **Limit** access to anything that could cause harm.
- **Ask** someone you trust to temporarily hold items (like medications or firearms).
- **Offer** to do the same for them.

## You can say:

**Offer:** "I care about you. If it helps, I can securely hold your firearms/medication for a bit."

**Ask:** "I'm having a hard time and want to be extra safe. Can you hold my firearms /medication for a while?"

