TEEN CHECK IN

What Is Going On?

You do not need to explain everything before you ask for support.

Sometimes you know exactly what is wrong. Other times, you only know that something feels off. Start by noticing what is here.

Lately I have noticed

- ☐ Everything feels like too much
- ☐ My thoughts will not slow down
- ☐ Sleep, eating, school, or my mood has changed
- ☐ I feel numb or disconnected
- ☐ I am pulling away from people
- ☐ I am using self-harm, substances, or risky choices to get through

What has been taking up space in my mind?

_____

_____

How safe do I feel right now?

- ☐ I am having a hard time, but I can stay safe.
- ☐ I am not sure I can stay safe by myself.
- ☐ I am thinking about hurting myself or suicide.
- ☐ I have a plan, access to something dangerous, or may act soon.

If you checked either of the last three, tell a trusted adult now. If danger is immediate, call 911 or go to an emergency department. You can also call or text 988.

One sentence is enough

- ○ *"I need you to listen."*
- ○ *"I do not want to be alone."*
- ○ *"This is more than a bad day."*
- ○ *"I am not safe with my thoughts. I need help now."*



HELP ME SAY IT

Choose What Fits

You can talk, text, write, or hand this page to someone.

What I need from you right now

- ☐ Listen before giving advice
- ☐ Stay with me
- ☐ Help me find the words
- ☐ Help me contact someone
- ☐ Help make the space safer
- ☐ Help me decide the next step

Build your message

I need to tell you _____

Right now I am feeling _____

What I need from you is _____

Ready to send

- "Can you come sit with me? I am not okay and I do not want to be alone."
- "I need to tell you something. Please listen before asking questions."
- "I am not feeling safe with my thoughts. I need help now."

If they do not understand

Keep telling. Try another parent, caregiver, counselor, teacher, coach, therapist, relative, or trusted adult.

"I need you to take this seriously. I am worried about what I might do. Please stay with me."

If a friend tells you

Do not keep suicide or serious self-harm secret. Tell a trusted adult immediately.

"I care about you too much to carry this alone. We need an adult to help us."

For grown-ups: Begin with "I am glad you told me." Stay close, secure lethal items, ask directly about immediate danger, and contact 988 or another qualified professional.

MY CONNECTION PLAN

What helps me reach for support

Complete this with a parent, caregiver, counselor, or another adult you trust.

Others may notice I am having a hard time when

_____

_____

What helps me feel less alone

- ☐ Listen before offering ideas
- ☐ Sit near me
- ☐ Help me find words
- ☐ Take a walk or quiet break
- ☐ Help me contact someone else
- ☐ Ask me directly if I feel safe

What tends to make it harder

_____

_____

My words when talking feels hard

Our code phrase _____

When I use it, I need my grown-up to _____

My backup team

At home	At school	Another trusted adult
Name _____	Name _____	Name _____
Phone _____	Phone _____	Phone _____

Grown-up promise: *I will listen without punishment or shame, stay with you, help secure unsafe items, and bring in more support when it is needed.*

Teen _____

Grown-up _____

WHEN SAFETY CANNOT WAIT

Use your backup plan now

You do not have to decide whether it is serious enough by yourself.

If you may hurt yourself or cannot stay safe

1 Tell	Say clearly, “I am not safe with my thoughts.”
2 Stay	Do not be alone. Stay with a trusted adult.
3 Secure	Move away from weapons, medications, or anything you could use to hurt yourself.
4 Connect	Call or text 988 or use SafeUT. For immediate danger, call 911 or go to an emergency department.

Utah support

988 Suicide and Crisis Lifeline

- Call or text 988
- Ask about mobile crisis outreach for in-person support

SafeUT

- Use the SafeUT app or SafeUT.org
- Chat with a licensed counselor or submit a safety tip

Youth Stabilization and Mobile Response: 988 or 1-833-SAFE-FAM (1-833-723-3326)

Vantage Point Youth Behavioral Health Receiving Center: 1189 East 300 North, Provo | 801-373-2215. Call first.

How Cascade Counseling can help

Cascade provides ongoing therapy for teens and families. We can help you understand what is happening, communicate more openly, and build support that lasts.

Cascade is not a crisis-response service. For immediate danger, use 988, SafeUT, 911, a crisis receiving center, or an emergency department.

“I need backup.”