

Asking for Support on Low Days

Mood and motivation | Adults | 10 to 15 minutes

Prepare a specific support request and an alternative route.

Support can be easier to use when the request is specific. Think about a day when your mood is low and identify one person or service that could help with a practical task, companionship, or getting care.

Match the request to the need

Name what would help today. Examples include sitting together for ten minutes, getting a ride to an appointment, sharing a meal, or having someone check in later. The other person may be unable to help; that does not mean the need is unimportant.

Prepare more than one route

Write a short request and a backup option. You can include a boundary: "I would appreciate company without advice right now." If low mood is worsening or you feel unable to stay safe, use your clinician's agreed support or urgent care plan instead of relying only on informal contact.

What I need and how another person could help

A person or service I can contact and how to reach them

The words I could use to make my request

My backup if that option is unavailable