

## Caring Contacts

have you had suicidal thoughts?  
problems that felt unsolvable?

we've been there too.



---

---

---

---

---

---

---

Visit [nowmattersnow.org](https://nowmattersnow.org) for strategies that have helped us survive and build more manageable and meaningful lives.

@nowmattersnow   

Jeff - Thank you for coming in today and for answering all the questions. I know you weren't comfortable. Based on our brief time together, I can see that you know how to get through hard times. I wish you didn't have to be - but it seems to me you very strong.

-Ursula

Visit [nowmattersnow.org](https://nowmattersnow.org) for strategies that have helped us survive and build more manageable and meaningful lives.

Danyelle, I have much hope for you. I think that what we worked on today and this website will be helpful. I look forward to seeing you again. I'll remember what you said about your daughter. With care, Xiaoshan

Visit [nowmattersnow.org](https://nowmattersnow.org) for strategies that have helped us survive and build more manageable and meaningful lives.

**Dear Sascha,**  
**Thanks for sharing with me what used to make you feel alive. I have lots of ideas for steps to take back in that direction. I look forward to seeing you again to talk more. And that you for your humor - you crack me up. From, Dan**

Visit [nowmattersnow.org](https://nowmattersnow.org) for strategies that have helped us survive and build more manageable and meaningful lives.

have you had suicidal thoughts?  
problems that felt unsolvable?

we've been there too.



---

---

---

---

---

---

---

Visit [nowmattersnow.org](https://nowmattersnow.org) for strategies that have helped us survive and build more manageable and meaningful lives.

@nowmattersnow   

## Example Text – Caring Contacts

Do you mind waiting for just a moment before you wrap up?

I'd like to give you something.

Would you mind carrying it in your wallet?

I don't know about you, but sometimes I need a reminder that someone [has my back, isn't judging me, knows where I've been, understands why things are the way they are]. This is that reminder.

I hope you won't lose it.

Is there a place you can keep it?

I want to make sure you know there is someone who has [lots] hope for you.

I enjoyed meeting you. I want to give you a reminder of that.

# Caring Messages

have you had suicidal thoughts?  
problems that felt unsolvable?

we've been there too.



Thinking of you today. I'm so glad  
we met and I'm looking forward to  
seeing you next month. Thank you  
for being so real with me!

- Jaeden

Visit [nowmattersnow.org](https://nowmattersnow.org) for strategies that have helped us  
survive and build more manageable and meaningful lives.

@nowmattersnow   

Download cards at [NowMattersNow.org](https://NowMattersNow.org)

# Caring Messages

We asked over 1000 people. Here are the top results.  
Please use and adapt these any way you like for those you care about.

Dear you. Yes you! Remember that one time you felt connected to the universe. No one can take that away from you. It's yours.

— Ursula Whiteside

You may feel you don't matter and see no future. But you do. Yet it is there - please let it evolve because the world needs you and your contribution.

— Kristine Laaninen

When things have been rough, I think of things or touch items that give me a sense of pride, joy, encouragement, or hope. Sometimes memories that remind me I'm okay and things often change quickly. I don't know if that would help for you.

— Daniel DeBrule

Please don't stop fighting. You are being prepared for something far greater than this moment.

— Breanna Laughlin

Just like winter, the long dark days slowly get shorter until there is more light than dark. Please believe this while you wait to see the light.

— Debbie Reisert

I was trapped in the Dark Place. Drowning in it. Lost in the fog. Sinking in the quicksand. Unable to get out. Slowly, slowly, slowly: I am. You might be able to too. Just get through today.

— Amy Dietz

I've found this Franklin D. Roosevelt quote helpful, "A smooth sea never made a skilled sailor." We'll be prepared for something bigger.

— Ursula Whiteside

You're a human being, not a human doing. Your worth is intrinsic, and your strength is likely greater than you think it is.

— John Brown

If I could fill the world with more people who feel the world, I would. Understanding suffering is a heavy burden to carry at times for sure - but you are never a burden for feeling it.

— Nina Smith

This is part of a poem from Jane Hirschfield, "The world asks of us only the strength we have and we give it. Then it asks more, and we give it."

— Sara Smucker Barnwell

Things can be completely dark for some of us sometimes. I don't know where you are at today, or if this message can shine through, but I'm here sending you a tiny bit of light - a light beam.

— Ursula Whiteside

Wanting to be rid of pain is the most human of impulses. You are brave to hold that. You are worth so much. Because you exist. And breathe air. Contingent on nothing else.

— Sara Smucker Barnwell

Live. If only, at times, because it is an act of radical defiance.

— Ursula Whiteside

Your story doesn't have to end in this storm. Please stay for the calm after the storm. The possibility of a rainbow. Maybe not tomorrow or next week, but you can weather this.

— Breanna Laughlin

I've been there - that place where you'd do anything to stop the pain. It's a dark, suffocating birth canal to a better place...Life changes can suck; but nothing ever changing sucks more.

— Kathleen Bartholomew

This is a favorite line of mine from Desiderata, "You are a child of the universe, no less than the trees and the stars; you have a right to be here."

— Andy Bogart

now  
matters  
now

NowMattersNow.org