

# Evidence-Based Caring Contacts Examples

(what to WRITE)

*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*

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**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**

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have you had suicidal thoughts?  
problems that felt unsolvable?

we've been there too.

## **Examples of How to Introduce the Caring Contact (what to SAY)**

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.