



it's ok



**to not
be ok**



Hi [name],

We haven't heard from you in a while and are hoping it's because you're feeling better. If you ever need help, remember that we're always here, cheering you on, and available to talk whenever you need.

Just give us a call xxx-xxx-xxxx

an email myemail@mail.com

Or call the Utah Suicide Prevention Lifeline
1-800-273-TALK (8255) any time.

Your friend,

[Signature]



You are
not
alone.

Hi [name],

It's been a while since we heard from you, and we hope things are going well.

If you'd ever like to reach out, we're always here.

All our best,

[Signature]

You're always free to reach out to the Utah Suicide Prevention Lifeline 1-800-273-TALK (8255) at any time for any reason.