Checking In On Your Loved Ones During The Holiday Season

Hi *[Name]*, just checking in 👋 How about we do something fun this weekend to take a break from all the stress? Let me know if you're up for it!

Hey *[Name]*, just wanted to send some positive vibes your way ✨ How are things going for you?

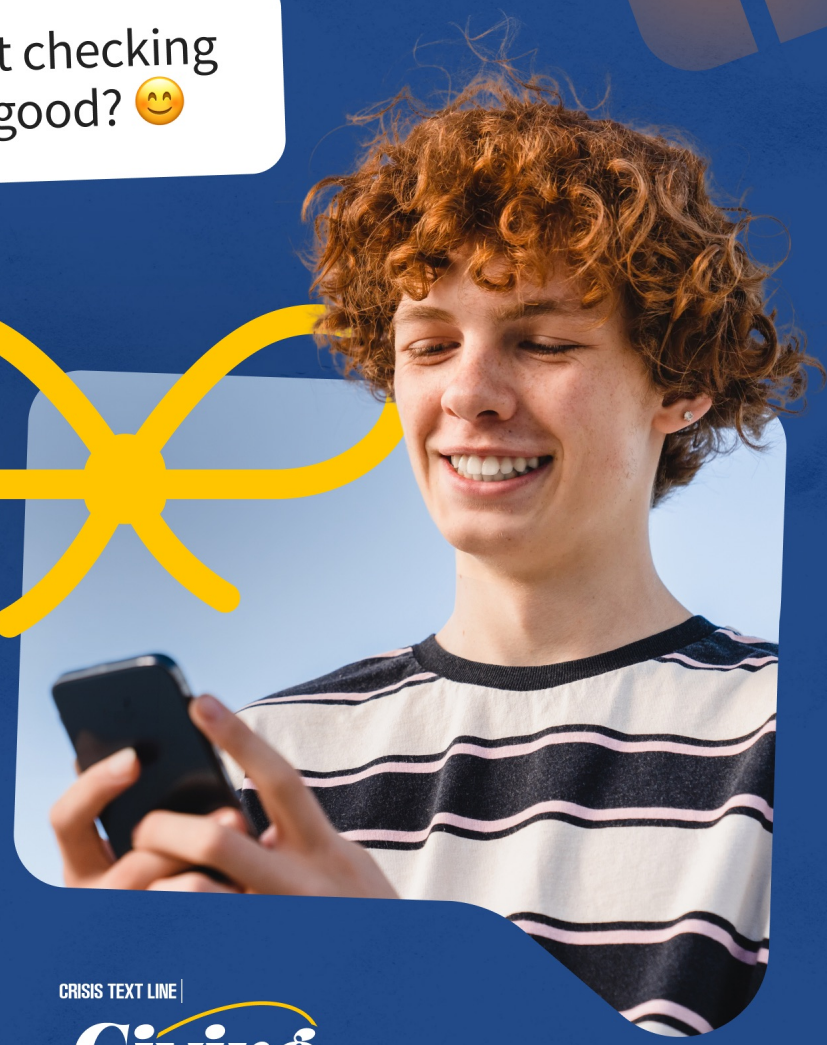
Hey *[Name]*, I wanted to see how you're doing. I'm here if you need support– even if it's just lending an ear. 💖

Hey *[Name]*, I just wanted to remind you that I'm always here for you. How are you doing?

Hey *[Name]*, I know things can get stressful this time of the year. If ever you want to join me in taking a little break, let me know! Maybe grab a coffee?

Hi *[Name]*, I know the holiday season can be chaotic and stressful! Just wanted to check in and see how you're doing ❤️❤️❤️

Hi *[Name]*! Just checking in, everything good? 😊



The holiday season is a time for connection, hope, and renewal. It can also be a difficult time for some individuals who may be experiencing stress, anxiety, sadness, grief, or loneliness, which can intensify during the holidays. Support your friends, family, and coworkers who might be struggling by trying some of the conversation starters below. Use the messages as-is or add your own voice.

If you or a loved one is struggling during the holidays, we are here for you. Text ***GIVING*** to ***741741*** to connect with one of our compassionate volunteer Crisis Counselors– 24/7, free, and confidential.

CRISIS TEXT LINE

Giving Season