

# **GAIN SUPPORT, WHEN YOU HAVE A HARD DAY**

- 1. Please may I talk to you?**
- 2. I need help.**
- 3. I am sad.**
- 4. I am depressed.**
- 5. I have had a hard day.**
- 6. Someone is bullying me.**
- 7. I need a hug.**
- 8. May I talk to you?**
- 9. I don't feel safe right now. Can you stay with me?**
- 10. Could you make me a cup of coffee? I need it now.**
- 11. Could you make me a cup of tea? I need it now.**
- 12. Could you bring me some water?**
- 13. Please take me to a quiet room.**
- 14. Can you take deep breaths with me?**
- 15. Please hold my hand.**