

CHECK YOUR CREW

**A guide for checking in on your boys —
and for reaching out when you're the one struggling.**


WHEN YOU'RE WORRIED ABOUT A BUDDY

You don't need the perfect words.

You just need to show up.

♦ WHAT TO SAY (Keep it simple):

- “You’ve seemed off — you good?”
- “I’m here if you want to talk, no pressure.”
- “Let’s hit the gym / grab food / hang out — my treat.”

 **Tip:** *Do something side-by-side. Conversations can flow easier when you're not staring at each other.*

♦ WHAT TO DO:

- Listen — don’t jump into fixing.
- Follow up — even if they brush you off.
- Move together — invite them to walk, workout, or ride. No deep convo needed.

♦ WHAT TO WATCH FOR:

- Going quiet or pulling away
- Cancelling or skipping stuff they normally show up for
- More irritable, reckless, or zoned out



IF IT SEEMS SERIOUS:

- “I care about you. You don’t have to handle this on your own.”
- “Let’s find someone to talk to. I’ll help if you want.”

Better to say something awkward than regret saying nothing.


WHEN YOU'RE THE ONE STRUGGLING

Feeling like a burden?

That's your brain lying to you.

◆ YOU CAN START HERE:

- "I'm not okay, but I don't really know how to talk about it."
- "Can we hang out? I just don't want to be alone today."
- "Mind if I vent for a sec?"

 *You don't have to have the right words. Just break the silence.*

◆ REMINDERS (Read this twice if you need to):

- You are not too much
- You are not weak
- You are not alone

If your friend was struggling, you'd want him to reach out. Give yourself the same grace.

◆ STILL HESITATING?

Send a voice memo. Text someone you trust. Write it down first if you have to. Here's a script to copy/paste:

"Hey man, rough day. Just wanted to reach out and let someone know."



YOU'RE NOT A BURDEN.

You're a man with a heavy load and you're not meant to carry it alone.

Your people want you here.
Keep going.



Need Backup?

You don't have to be in crisis to get help. But if you are — here's what to do:



Call or text 988 — 24/7 Mental Health & Suicide Support



Text "HELLO" to 741741 to chat with a trained crisis counselor



Call a friend — literally just say:

"I need to talk to someone for a minute."