

Simple Tips for Checking In: Start a Conversation

Transcript

[Male Narrator] Welcome to Buddy Check Training and thank you for stepping up to carry out buddy checks.

Here are some suggestions for what you can say to start a buddy check, but keep in mind, you should say it in a way that sounds like you.

“How are you doing?”

“Or how are you really doing?”

“I care about you and I wanted to check in.”

“Just wanted to check in and see how you've been doing lately. And if you need anything.”

“Are you familiar with Buddy Check Week? I'm checking in with a few Veterans this week and wanted to see how you're doing.”

[On Screen] Thank you for watching this training.

The Veterans Crisis Line is available 24/7.

Dial 988, press 1 for Veterans.

www.VeteransCrisisLine.net

Don't wait. Reach out.

VA.gov/REACH