## Get expert grief support via text. **At my special discount.**

Help Texts sends you tips, resources, and practical wisdom after a death. Signup takes just five minutes and texts begin right away. Getting support is as easy as getting a text.

Your Help Texts subscription comes with two supporter invitations so your friends, coworkers, neighbors, or family members can also receive text tips about how to be there for you as you grieve.

**Sign up now at helptexts.com/cauleyassociates** or scan the QR code below to receive my discount:



Hi, Riley. You may sometimes feel frustrated when someone asks how you're doing but doesn't seem ready to hear an honest answer. Instead of saying that you're fine, perhaps you could think about ways of answering that would feel true to you. For example you could say, "Thanks for asking. I'm having a hard time this week." Having answers ready can help to avoid discomfort in the moment.

Help Texts

12·12 PM

CU

## heptexts