

Expressions of Concern

What you might say when reaching out:

How have you been doing? How have you been since the crisis started? I can't believe it's been 2 weeks not seeing you. What have you been up to? How are you adjusting to the online class format?

I know it's been a while, but I wanted to see how you are doing. I thought of you today, and wanted to check in to see how things have been going?

You can check in with people you were used to seeing on a weekly basis or use this time as a reason to connect with people you have contacted for a while. Think through the categories below to identify who you will contact.

Relatives/Family

Classmates/Co-Workers

Friends/Acquaintances

Neighbors
