



6 Degrees of Separation Campaign Scripted Questions

We are experiencing an unprecedented time in our nation's history, dealing with loss and uncertainty. Now is the time to come together and ensure that we leave no one behind. The **6 Degree of Separation Campaign** is all about adding a personal touch by checking in on people within your network. Your outreach to 6 people can spread and positively touch the world. Checking in Saves Lives! We need your help to make this really impactful. The plan is to connect the people you care about to the resources they need and to open discussion to make sure we are all checking in on one another at this time when we really need it.

Below is a script to help guide your quick phone call check in and attached are resources that you can share via email or text to make sure that those who need them, get them.

A few quick things to keep in mind:

- Spend as much time as you want on each question.
- Stay engaged with follow-up questions.
- Keep things judgment-free.
- You don't have to be an expert, you just have to listen.
- Email them resources after.

Scripted Questions

Ask them all or just a few will do!

1. Just calling to check on you. People are being affected in various ways. How are you feeling today, really? Physically and mentally.
2. There are services available to you from unemployment to senior utility support. Is there anything that you need? Detroit PAL has tons of resources on our social media site. Are you getting notifications from us on social media? Just inbox us on Facebook @Detroitpal or on Instagram @Detroitpal. We would be happy to connect you to a resource you can use.
3. What's taking up most of your thoughts right now?
4. What was your last full meal, and have you been drinking enough water?



5. How have you been sleeping?
6. What have you been doing for exercise?
7. What did you do today that made you feel good?
8. What's something you can do today that would be good for you?
9. What's something you're looking forward to in the next few days?
10. What are you grateful for right now?
11. We have some things you can do online to keep you engaged creatively online.
12. You can go to our site. Is your email up to date? We can share the resources with you. Would you like to receive text messages with links to resources? If so, Text PAL to 51555. Take a minute to do it right now. I can wait.
13. Great. So glad I was able to connect with you today. We will all get through this together. If this was helpful for you then I want to invite you to join our 6 degrees of separation challenge. All you have to do is share the resources that I just shared with you, with someone you know and care about. Imagine if everyone gets involved and reaches out to someone the impact this could have on the city, state, nation and the world? Can I count on you to do that?

Thank you! Take care and be well.

You did it! Wasn't that nice? Now pick 6 people to call today and pay it forward.

This script was adapted in part from *I Don't Mind*.

<https://idontmind.com/journal/just-checking-in-ten-minutes-ten-questions>