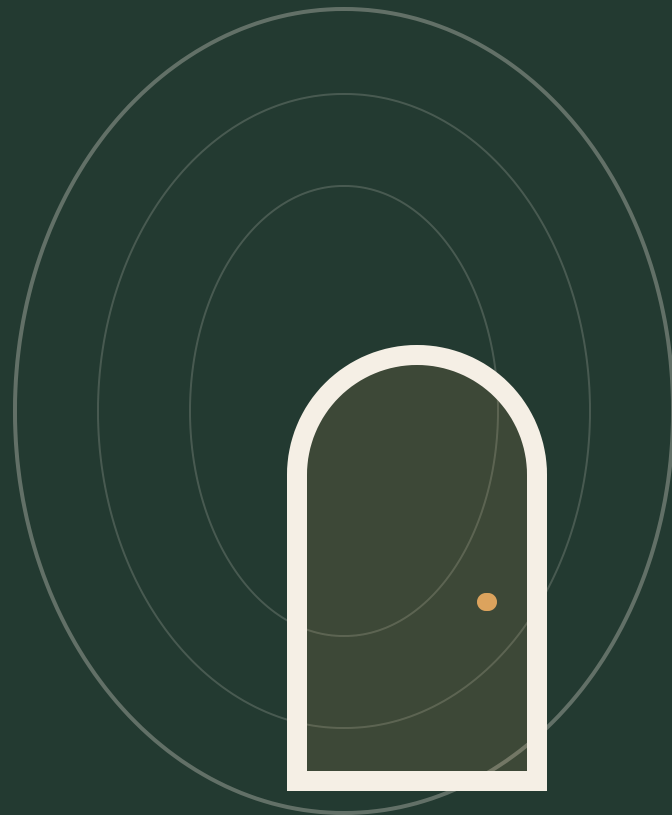


Hello. I Am Here.

A real person sits with you when the day is too heavy to hold alone.

THE PROMISE

No diagnosis. No treatment plan. No clipboard. Just presence.



Listening is the whole point.

Hello. I Am Here. gives people a short, private stretch of time with a hand-picked human listener.

They can vent about the week, think out loud through a hard decision, or sit quietly with someone who is not going anywhere. The listener does not diagnose, treat, or promise an outcome.

A sit is not a clinical appointment.

It is emotional support and encouragement through human presence.

WHAT MAKES IT DIFFERENT

- + **Human-only.** A real person listens on the phone or in a chat room.
- + **Short by design.** Choose 15 or 30 minutes.
- + **Low friction.** Pick a time, choose a listener, and check out securely.
- + **Clear boundaries.** No therapy, counseling, medical care, or crisis care.
- + **Continuity is available.** Memberships keep the same familiar listener.

15
minutes

30
minutes

1:1
human presence

A clear offer. No maze.

People choose the amount of time they need and pay for that sit. Memberships add continuity with one listener.

15-minute sit

Pay per sit

\$15

A short check-in by phone or chat.

30-minute sit

Pay per sit

\$30

More room to talk, think, or sit in the quiet.

Monthly

Membership

\$100

Weekly 15-minute sits plus one 30-minute sit, with the same listener.

Annual

Membership

\$1,000

The monthly rhythm and same-listener continuity for a year.

WELCOME SUNDAY

A free 15-minute sit.

Held on the last Sunday of every month, 11 a.m.-4 p.m. Central.

HOW IT WORKS

1. Pick a time.
2. Choose a listener.
3. Check out securely.
4. Enter the sit room when it opens.

Service details: official website, accessed September 25, 2026.

Built for the moment someone needs to feel heard.

The need is not always advice. Sometimes it is a human being who stays.

Hello, I Am Here. is for adults seeking emotional support and encouragement outside a clinical setting.

The overwhelmed parent

Someone carrying more than they can comfortably say out loud at home.

The night-shift worker

Someone awake when their usual support system is not.

The person with people

Someone who has friends but does not want to burden them.

The decision-maker

Someone who needs to hear their own thoughts without being pushed toward an answer.

AUDIENCE LANGUAGE

Presence, privacy, choice, relief, human connection, and a place to exhale.

Make the service easy to understand before asking anyone to trust it.

Explain the sit

What happens, how long it lasts, and what a listener does.

Teach listening literacy

The difference between presence, advice, fixing, and clinical care.

Give permission to pause

Simple reminders that people do not need the right words before they reach out.

Invite people in

Clear calls to book a sit or join Welcome Sunday.

CORE MESSAGE

You do not have to carry the whole day alone.

SAMPLE EDITORIAL ANGLES

- What a sit is - and what it is not
- Why advice is not always the answer
- What to say when someone needs to be heard
- Welcome Sunday: come as you are
- Choosing the right amount of time

FACEBOOK PAGE

facebook.com/profile.php?id=61594334804043

This edition does not publish follower, reach, impression, or engagement figures because a verified Meta Insights export was not available.

Offer a human next step.

Hello. I Am Here. can support organizations and storytellers who want to point people toward human connection without presenting it as clinical care.

Referral partners

Give clients, members, or community contacts a clear place to book a short human listening session.

Community organizations

Share Welcome Sunday or develop an audience-specific pathway to sits.

Workplaces

Add a nonclinical listening option alongside existing employee resources.

Podcasts and media

Explore why people need listening, how the model works, and where its boundaries sit.

Educational collaborations

Co-create practical content about presence, boundaries, and knowing when to refer higher.

Community campaigns

Build focused invitations around times when isolation and emotional load run high.

Good fit sounds like this:

"We want people to have somewhere human to go when they need to talk, and we understand this is not therapy or crisis care."

Say exactly what it is.

USE

- + Human listening service
- + Human listener
- + A 15- or 30-minute sit
- + Emotional support and encouragement
- + A place to vent, think out loud, or sit in quiet

DO NOT USE

- + Therapy or counseling
- + Medical or behavioral-health treatment
- + Diagnosis or clinical assessment
- + Crisis response
- + Claims or promises of outcomes

PRESS-READY DESCRIPTION

Hello. I Am Here. is a human listening service for people who need to feel heard. Through 15- and 30-minute phone or chat sits, a hand-picked listener offers presence without diagnosing, treating, or trying to fix the person in front of them.

Start with a message.

For partnership, media, or referral questions, send a written message through the Facebook page with what you want to build and who it is meant to serve.

FACEBOOK

Hello. I Am Here.

<https://www.facebook.com/profile.php?id=61594334804043>

OFFICIAL WEBSITE

Book or learn more

hello-i-am-here.com

INCLUDE IN YOUR MESSAGE

01

Your organization or outlet

02

The audience you want to reach

03

The written next step you need

Need verified Facebook performance figures?

Request the current Meta Insights export for follower, reach, impression, and engagement data.

Service information sourced from the official Hello. I Am Here. website. Facebook URL supplied by the page owner. Details current September 25, 2026.