

What Helps on the Hardest Days

Put together a short, plain list for the days you cannot think straight.

WHEN TO USE THIS

Fill this in on a steadier day and keep it somewhere you will find it.

What has carried you through a hard day before? Anything at all counts.

A shower. The dog. Sitting in the car. One phone call. Sleep.

1. _____
2. _____
3. _____
4. _____
5. _____

Who can you call, and what would you want them to do when you do?

If a day comes when you are not safe, call or text 988, the Suicide and Crisis Lifeline. Reach out now, not later, if that is today.

Write the two numbers you would call here, big enough to read in a hurry.

The hardest days do not last. Getting through one is enough for that day.