

When It All Feels Pointless

Get through a stretch where nothing seems to matter, one honest question at a time.

WHEN TO USE THIS

Use this on a day when you cannot see the point of any of it.

If you are not safe right now, call or text **988** (Suicide and Crisis Lifeline). Reach out today, not later.

How long has it felt like this, and did anything start it off?

Is there anything, however small, that still holds your attention?

A person, an animal, a song, one part of the day.

Who is one person you could tell that it feels like this?

What is one thing you will do in the next hour?

Water, air, a shower, one message.

This feeling lies about how permanent it is. Tell someone today.