

When It Feels Like It Won't Lift

Put words to the heaviest days and make a short plan for getting through them.

WHEN TO USE THIS

Use this on a day when you cannot picture this ever being different.

If you are having thoughts of hurting yourself or not being here, call or text 988 now. Do not sit alone with this.

What does today feel like? Say it in your own words, no cleaning it up.

Has it ever been different, even a little? When was that?

A week, a day, an hour. Anything counts.

Two people or numbers you would reach for tonight if it got worse.

1.

2.

What is the one thing that gets you to tomorrow?

You do not have to see the whole way out. You only have to get to tomorrow.