

The Crisis Mode Card

Today is a hard day. None of this is your fault. This is your situation.

1. The first thing I do

I breathe slowly, three times. I say to myself: "Today is hard. I am doing what I can. That is enough."

2. If today feels like too much, I reach out

Immediate danger to life: call your local emergency number. 911 US · 999 UK · 112 Europe and many other countries.

Anywhere in the world: findahelpline.com (free, trained lines by country).

US: call or text **988**. Or text HOME to 741741.

UK and Republic of Ireland: call Samaritans on **116 123** (free).

I never have to know how to start. "I have no idea how to go on" is enough. A trained person will listen.

3. My victories today. Each one is proof that I am still here

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| ☐ | I got out of bed. |
| ☐ | I ate something warm. |
| ☐ | I drank a glass of water. |
| ☐ | I took a shower, or put on clean clothes. |
| ☐ | I opened a window, or stepped outside. |
| ☐ | I took my medicine, if it was prescribed. |
| ☐ | I reached one person. |
| ☐ | I said "no" where I meant it. |
| ☐ | I kept myself and others safe today. |
| ☐ | I wrote three lines tonight. |
| ☐ | I made it until evening. |

4. One question for tonight

What did I do today that, on a hard day like this, took effort? Three lines is plenty.

5. One thing I know about a hard day

A hard day will end. Tomorrow can be different. Today is hard, and that is today, never forever. I can leave every larger decision for another day. Today, I only have to stay until evening.

If you need more than this card

This card is support, never treatment. A doctor, a therapist, or a crisis line can give you care that reaches further than one page. Reaching out is the first step, and it is the bravest one.

Reach a person now (free, trained, any time)

Immediate danger to life: call your local emergency number. 911 US · 999 UK · 112 Europe and many other countries.

Find a line in your country: findahelpline.com (free, verified lines in 175+ countries).

US: 988 Suicide and Crisis Lifeline. Call or text 988, or chat at 988lifeline.org. Day or night. Crisis Text Line: text HOME to 741741.

UK and Republic of Ireland: Samaritans. Call 116 123, free, day or night.

Australia, Canada, and everywhere else: open findahelpline.com and choose your country.

These are free. Trained people answer. You never have to prepare what to say.

Signs it is time to reach a professional today

- Your thoughts start moving somewhere that frightens you.
- The heaviness has held for two weeks or more, whatever you try.
- You see, hear, or feel things that other people seem to miss.
- Your sleep has broken apart: very little, or far too much.
- You are leaning on alcohol or other substances in a way that scares you.
- Daily life, work, the people who depend on you, has felt like too much for weeks.

For any of these, please call one of the lines above, or your own doctor. Professional help comes first. The card sits beside it.

If someone you love is having a hard time

- **Stay close.** You need no solutions. A short message, a regular call, a quiet visit: small and steady does more than one big talk.
- **Listen, and skip the advice.** “I hear you.” “That sounds very heavy.” “I am here.” These help more than “look on the bright side.”
- **Hand them this card.** Say: “I found this. Maybe it helps. Keep it on the fridge, or put it away. Your call.” No lecture.
- **Help with one concrete thing:** a cooked meal, the school run, the shopping. A person on a hard day rarely asks, so you offer something specific.
- **React fast to these signs:** they speak of being a burden, or that others would manage better without them; they give their things away; they write goodbye messages; they go quiet for days for no clear reason; they stop their medicine. Then call your local emergency number or a crisis line, go to them, and stay with them. Your choice in that hour can save a life.

This page is free and never sits behind a paywall. WIN supports you between days; it never replaces medical care. Numbers can change, so the directory at findahelpline.com always routes you to a current line near you.