

PRINT IT. KEEP IT HANDY. MAKE A FAMILY PLAN.

1 START WITH SAFETY

Focus on this moment.



Check immediate risk

Are you or someone else in danger?



Emergency help

Call local services for immediate danger.



Find company

Reach someone you trust.



Basic needs

Water, food and rest if possible.

2 MAKE IT SMALLER

One step at a time.



Name one problem

Not everything at once.



Delay big decisions

If safe, wait until calmer.



Ask for support

You do not have to do it alone.



Choose one action

A call, meal or appointment.

3 GET REAL SUPPORT

People can help.



Talk honestly

Tell someone what is happening.



Contact a professional

GP, counsellor or local service.



Write essentials

What help is needed today?



Stay connected

Arrange a follow-up check-in.

4 FOR THE NEXT DAY

Keep it realistic.



Eat and hydrate

Support basic wellbeing.



Rest if possible

Avoid overloading yourself.



Book support

Arrange an appointment.



Make a short plan

One or two safe next steps.

MY FAMILY PLAN:

Local alert source: _____ Emergency contact: _____

WHEN LIFE FEELS TOO MUCH — SAFETY NOTES

Keep this page with your visual quick-glance guide.

1 IMPORTANT NOTE 1

This guide is not therapy or a diagnosis. Persistent distress, inability to function or worsening symptoms deserve professional support.

2 IMPORTANT NOTE 2

If you may hurt yourself or someone else, or cannot stay safe, contact local emergency services or a crisis service immediately and tell a trusted person.

3 IMPORTANT NOTE 3

Avoid alcohol or drugs as a way to cope. If you can, reduce immediate pressures and postpone major decisions until supported.

4 IMPORTANT NOTE 4

Offer practical support without judgement. Different people need different forms of help; ask what would help them feel safer.

MAKE IT PRACTICAL

Write your own local emergency number, contact details and relevant official alert service on page 1. Review the guide with your household.

OFFICIAL REFERENCE POINTS (check local rules):

[who.int/health-topics/mental-health](https://www.who.int/health-topics/mental-health)

findahelpline.com

nhs.uk/mental-health/