

STAYING SAFE WHEN THINGS FEEL UNBEARABLE

Support for When You're Not Ready to Reach Out Yet

You don't have to want help to deserve support.
You don't have to feel strong to get through this moment.
You only need to stay here now. Just for today.

1. MAKE A "STAYING ALIVE" PLAN

Write or draw:

- One reason to stay alive right now (even if it's small or temporary)
 - Three things that help you get through hard moments
 - One safe person, place, or object that anchors you
- Keep this plan in your wallet, phone, or on your wall.

2. DELAY, DON'T DECIDE

If things feel urgent or dangerous:

- Wait 10 minutes
 - Put on a timer
 - Distract yourself with music, cold water, or a simple task
- Thoughts shift. You don't need to act on them.

3. GROUND YOURSELF IN THE PRESENT

Try this when you feel overwhelmed:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Or hold something comforting (like a smooth stone or soft fabric).

4. LIMIT HARM

- Lock away or remove anything that could cause harm
- Give items to someone safe if possible
- Create a kit of distractions: fidget toys, scents, a playlist, puzzles

5. CONNECT WITHOUT TALKING

You don't have to talk about how you feel. Just being near people (in a café, library, online space) can help.

Send a message or meme to a friend without explaining. It's still connection.

6. KEEP SOMETHING SMALL AND STEADY

- Eat something – even just a few bites
- Drink water
- Move your body gently
- Shower or wash your face
- Try to sleep or rest

You're not failing if all you do today is survive.

7. WHEN YOU'RE READY, OPTIONS EXIST

No pressure. But if you ever want to explore help:

- stayherewithme.com – Non-judgmental tools for staying alive
- nowmattersnow.org – Real people, real skills
- calmharm.co.uk – App for getting through urges
- Beyond Blue Check-in App – Text-based check-ins
- thiswayup.org.au – Mental health programs you can do on your own

You are not alone. You are not broken. This pain is real — and it can shift.

You don't need to feel better yet. Just don't go. Stay here. One minute at a time.