

FREE ONE-PAGE RESET

When tonight feels hard

A short plan to make the next hour more manageable.

1. Check safety

If you are in immediate danger or suspect overdose, call 911. For suicide crisis support in Canada, call or text 988. Seek medical guidance for potentially dangerous withdrawal.

What is happening right now? Name the urge, feeling, or sleep difficulty.

What is one small action for the next ten minutes? Move away from a cue, eat, drink water, change rooms, or contact someone.

Who or what is my backup if the first step is not enough?

For tomorrow

Note the hour that got difficult. Plan one support, activity, or safer route before that hour returns.