



FREE STARTER EDITION
PERSONAL USE · UK

WRITE YOUR OWN STORY

ONE DAY. ONE STEP. YOURS.

No streaks. No shame.

A low-pressure check-in and support plan for the day you are actually having. Use a few words. Leave a box blank. Begin again.

When it cannot wait. If someone may be overdosing, is unresponsive, struggling to breathe, having a seizure or in immediate danger, call **999**. Follow the call-handler's instructions. Do not leave them alone.



01 / YOUR NEXT SMALL STEP

How is today, really?

Date: _____ Day: _____

Right now I feel (circle or write): calm / low / anxious / angry / tired / hopeful / numb / other: _____

My energy (0–10): _____ My urge to use/drink (0–10): _____

One thing I need today: _____

One thing I can leave until tomorrow: _____

One small, realistic thing I can do today:

02 / YOUR NEXT SMALL STEP

My support plan.

First person I can contact: _____ **Phone/text:** _____

Second option (person or service): _____

What I can say: "I'm having a difficult day. Can you stay with me or check in?"

A safer place I could go: _____

If I feel at immediate risk, I will: _____

Keep emergency and local service numbers where you can reach them. If you are in the UK and there is an immediate emergency, call **999**. For non-emergency NHS help, call **111** or use [NHS 111 online](#).

What kind of support would actually help?

03 / YOUR NEXT SMALL STEP

Make room for the next step.

What was happening just before the urge? (place, people, thought, feeling)

What did my body notice?

What might make the next 10 minutes safer or easier?

- ☐ Move to a different room or public place
- ☐ Put distance between me and alcohol/drugs or related contacts
- ☐ Drink water/eat something simple if I can
- ☐ Text/call someone
- ☐ Breathe slowly or take a short walk
- ☐ Ask a professional or emergency service for help

My next 10-minute action: _____

Low-pressure habits

Choose **one or two**, not all of them.

- ☐ Have water and something to eat.
- ☐ Take prescribed medicines as directed; ask a clinician or pharmacist if unsure.
- ☐ Step outside or change rooms.
- ☐ Put a small task on a timer for five minutes.
- ☐ Rest without having to "earn" it.
- ☐ Avoid a high-risk place or contact for now.
- ☐ Make one supportive contact.

This page does not tell you to stop or change medication, alcohol or drugs. A clinician can help with health questions.

04 / YOUR NEXT SMALL STEP

Notice what helped.

What helped, even a little?

What was hard?

What do I want to carry into tomorrow?

Today I did one useful thing: _____

If today went badly, that is information—not a verdict. Consider telling a trusted person or health professional what happened.

UK support links

- [NHS urgent mental health help](#)
- [FRANK drug advice](#) (information and support)
- [NHS alcohol support](#)
- [Samaritans](#) — call **116 123**

Sources: [NHS](#) · [FRANK](#) · [Samaritans](#)