My distress kit

A plan for getting through the worst moments without making them worse.

Name _____ Date _____

Fill this in when you are steady. Keep it where you can reach it.

Signs that I am heading into crisis

First, to bring my body down

- ☐ Cold water
- ☐ Slow breathing
- ☐ Fast movement
- ☐ Tense and release

Then, to take my mind off it

Activities, people, tasks

To soothe myself

Sight, sound, smell, taste, touch

People I can be with or contact

What I must not do, because it makes things worse

What I want to remember (why it is worth getting through this)

If none of this is working, I will...

If you need help right now (Ireland)

In an emergency	Call **112** or **999**, or go to your nearest emergency department.
Samaritans	Freephone **116 123**, any time, day or night. Email jo@samaritans.ie
Text About It	Free text **HELLO** to **50808**, any time, for an anonymous text conversation.
Pieta	Freephone **1800 247 247**, any time, or text **HELP** to **51444**. For thoughts of suicide or self-harm.
Your GP	Contact your GP or the out-of-hours GP service in your area.

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This handout supports your therapy. It does not replace professional advice.