Getting through the next hour

Steps for when everything is too much.

You do not have to work out your whole life right now. You only have to get through the next hour. Then the one after that.

1. **Stop and breathe out,** slowly, five times.
2. **Get safe.** Move away from anything you could use to hurt yourself. Go to where other people are, if you can.
3. **Tell someone.** Ring or text a person you trust, or one of the lines below. You do not need the right words. "I am having a hard time" is enough.
4. **Change your body state.** Cold water on your face. A fast walk. A hot shower.
5. **Do one small, ordinary thing.** Make tea. Feed the cat. Step outside.
6. **Put off any big decisions.** Nothing has to be decided tonight.
7. **Remind yourself:** "This feeling is at its peak. It will come down. I have felt this before and it passed."

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.

What has got me through before (fill this in on a calmer day)

Cut along the dashed lines. Keep a card in your wallet or phone case.

The next hour

Breathe out. Get safe. Tell someone. Cold water or a walk. One small thing. No big decisions tonight.

Patrick O'Hare Therapy

I can contact

Names and numbers

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