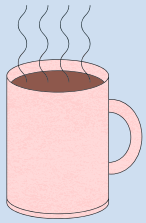
Crisis Reminder Sheet

This is your reminder that although things may feel tough right now, you won't stay in this place.
You've been through hard moments before and you made it through — you can make it through this one too.
Please try to remember the basics — they might feel impossible, but they really can help you feel a little more stable.

Basic Care Checklist





- Have you eaten something? Even a few bites or a drink with calories counts.
- Hydrate. Sip some water, juice, or tea — your body needs it.





- Wash your face or take a shower/bath. A small refresh can make a big difference.
- Have you rested? Try to nap or simply lie down for a while.





- Can you message someone you trust — a friend, family member, or post in the If Only... Facebook group? You don't have to face this alone.
- Move your body — stretch, walk around the room, or step outside for a minute of fresh air.





- What brings you comfort? Art, writing, crafts, gaming, reading — even small creative moments help.
- It's okay to just rest. Watching TV, listening to music, or doing nothing at all is perfectly fine.

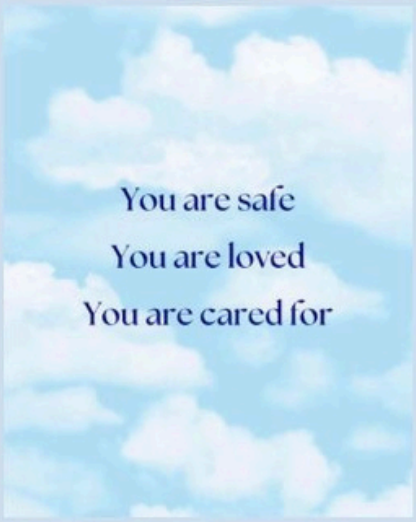




info@ifonlycharity.org.uk

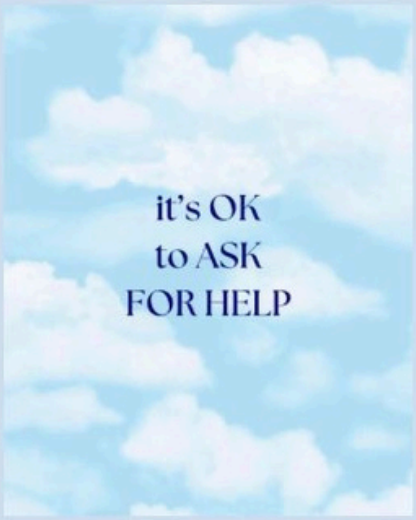
Crisis Reminder Sheet

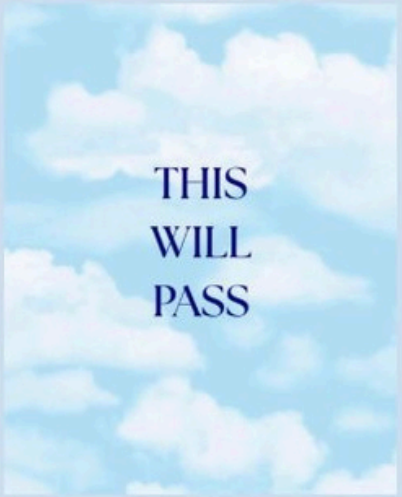
Things to remember:

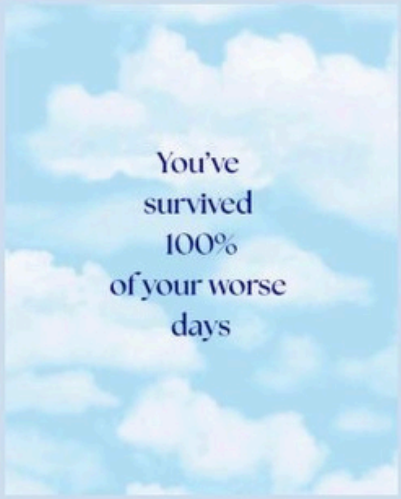
















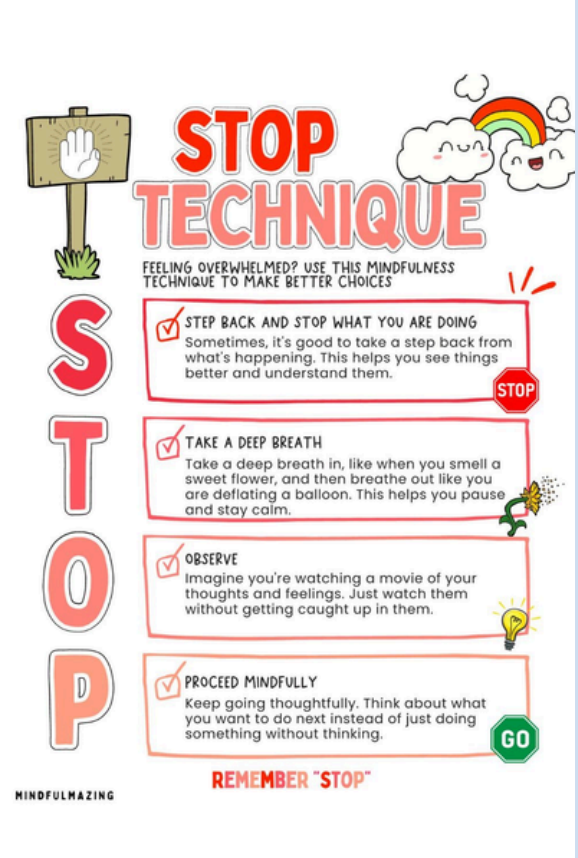
info@ifonlycharity.org.uk

Crisis Reminder Sheet

Grounding Reminders

If your thoughts are racing or you feel detached, try one of these:

- Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell, 1 you can taste.
- Take slow, deep breaths — in for 4 counts, out for 6.
- Hold something comforting — a blanket, a stuffed animal, or a pet.





info@ifonlycharity.org.uk

Crisis Reminder Sheet

Things to Remind Yourself

You matter.

This will pass.

You've survived 100% of your worst days so far.

You are not a burden and never too much.

It's okay to ask for help — that's what people are for.

Rest is productive. Healing takes time.

You deserve to feel safe, cared for, and loved — just as you are.

☎️ If You're in Crisis

If things feel too heavy or unsafe right now, please reach out for immediate support:

Samaritans – 116 123 (24/7)
Mind - 0300 123 3393
Calm - 0800 58 58 58
NHS 111 Option 2
Lifeline - 0808 808 2121
Papyrus - 0800 068 4141

You can also text or message someone — you don't have to talk to get help.

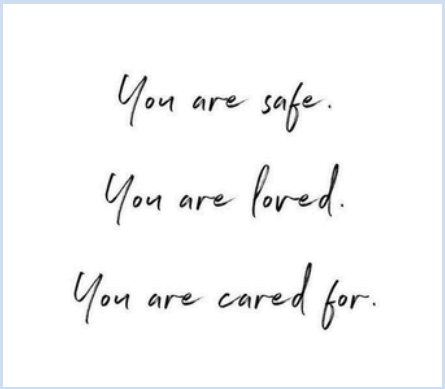
Text SHOUT to 85258

Crisis Reminder Sheet

Things to remember:

















info@ifonlycharity.org.uk