

A difficult day: my next step

For adults preparing a support plan ahead of time. Keep it easy to find. You can ask for help without completing this sheet.

Immediate danger or possible overdose: call 911. If someone may have overdosed on opioids, give naloxone if available and stay until help arrives. Do not wait to complete this plan. [1]

For emotional distress or a mental-health or substance-use crisis in the U.S., call or text 988 or chat at 988lifeline.org. [2]

Original message: "Today is difficult. Can you talk now or help me reach my care team? If not, I will try my backup."

For a difficult moment without immediate danger, choose a specific request and a backup. Check when contacts are available. [3]

When I notice I need support, I can...

A sign in my own words and one action or contact. I do not have to cope alone.

My first contact and what I will ask

Person or service, number, availability and the help I want.

If that contact cannot help

Backup person or service, number and availability.

My care-team instructions and contact

Where I keep the plan and whom to ask if I need advice.

Keep any clinician-developed safety plan with this sheet and follow it. This original support aid is not a risk assessment, treatment plan or replacement for crisis care. Afterward, use the full guide to note what helped or needs changing.

Save and reopen to check your notes. Full guide: A Difficult Day: My Next-Step Plan (AH-R152).

[1] [CDC: Naloxone and overdose response](#)

[2] [988 Lifeline: emotional and crisis support](#)

[3] [SAMHSA: How to ask for help](#)