A Plan for Hard Nights

> *"Let not future things disturb thee, for thou wilt come to them, if it shall be necessary, having with thee the same reason which now thou usest for present things."*
>
> Marcus Aurelius, Meditations 7.8 (tr. Long)

Write this on a good day, so it is ready on a bad one. Work down the page in order: start with what you can do alone, and move on to people and services if you need them. Keep it by your bed or on your phone.

My warning signs

Thoughts, feelings, times or situations that tell me a hard night is coming.

Things I can do on my own

Urge Timer, a shower, food, a walk, music, breathing, bed.

People and places that take my mind off it

People I can ask for help

Names and numbers.

Making my space safer

Removing alcohol from the house, staying away from the shop, giving my card to someone.

If I feel unsafe

Samaritans 116 123 (UK and Ireland, free, 24 hours) · Call or text 988 (US) · Emergency 999 (UK) or 911 (US)

My GP or mental health team: _____

If you drink heavily every day, do not stop suddenly without medical advice. Alcohol withdrawal can be dangerous.

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)