Pocket Cards

> *"Each day acquire something that will fortify you against poverty, against death, indeed against other misfortunes as well."*
>
> Seneca, Letters 2 (tr. Gummere)

Fill in each card, cut along the dashed lines and fold in half if you like. Keep one where the urge usually finds you. Reading a card takes ten seconds, which is often enough to change what happens next.

Why I stopped

When the urge comes

1. Wait fifteen minutes. Do not decide anything yet.
2. Hungry, angry, lonely or tired? Fix that first.
3. Move: leave the room, go outside, drink water.
4. Message someone on my other card.
5. My own step:

My people

If I feel unsafe

Samaritans 116 123
UK and Ireland, free, 24 hours

988 call or text
US

999 / 911 emergency

My GP:

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