

What to Do in the Next 10 Minutes

A crisis-safe sheet for the next few minutes when everything feels too much.

If you might hurt yourself or are not safe: Call or text **988** in the U.S. now, contact emergency services, or get near a trusted person. This resource is not crisis care.

Do these first

- Call or text 988 in the U.S. if you might hurt yourself or are not safe.
- Move near another person if possible.
- Text someone: I am not safe alone right now. Can you stay with me or help me get help?
- Put distance between yourself and anything that could make you less safe.
- Take one sip of water and put both feet on the floor.

Tiny prayer

Jesus, help me stay alive for the next breath. Send help near me. Amen.

This resource offers encouragement and practical support. It is not therapy, diagnosis, medical advice, treatment, or crisis care.