

THE CAPABLE COLLECTIVE

YOU GOT THIS.

A POCKET GUIDE FOR DIFFICULT DAYS

FREE TO KEEP. FREE TO SHARE.

START HERE

YOU DON'T HAVE TO FIX EVERYTHING TODAY.

This is a small guide for difficult days. Open it anywhere. Take what helps and leave what doesn't.

The goal isn't to become a new person by tonight. The goal is one safe, manageable next step.

KEEP THIS WITH YOU

One moment. One breath. One next step.

WHEN IT FEELS TOO MUCH

COME BACK TO RIGHT NOW.

Look around and quietly name:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

KEEP THIS WITH YOU

This feeling is here. It is not forever.

BREATHE

TRACE A SQUARE.

Use a finger to trace four equal sides. Go slowly:

- Breathe in for 4
- Hold for 4
- Breathe out for 4
- Hold for 4
- Repeat for 2–3 minutes

KEEP THIS WITH YOU

Slow is enough.

LOWER THE BAR UNTIL YOU CAN STEP OVER IT.

Every one of these counts. You do not need to complete the list.

- Drink a glass of water
- Open the curtains
- Stand outside for two minutes
- Eat something simple
- Shower or brush your teeth
- Reply to one message

KEEP THIS WITH YOU

Tiny still counts.

WHEN YOU FEEL ALONE

SEND ONE TEXT.

You don't need the perfect words. Copy one of these:

- "Hey, I've been quiet. Still here though."
- "You crossed my mind. How are you doing?"
- "Not having the best day. Could you check in?"
- "Fancy a walk or a cuppa this week?"

KEEP THIS WITH YOU

Connection can begin with one sentence.

NO TALKING REQUIRED

BE AROUND PEOPLE.

Connection can start with simply being near other humans.

- Sit in a library or café
- Walk through a busy park
- Try a local group or parkrun
- Volunteer for an hour
- Return to the same place regularly

KEEP THIS WITH YOU

Small, repeated contact.

WHEN YOUR HEAD IS LOUD

NAME THE NEXT TEN MINUTES.

Don't solve the week. Decide only what happens next.

Try: water, fresh air, a familiar song, a simple snack, changing rooms, or sitting beside someone safe.

KEEP THIS WITH YOU

The whole future is not today's job.

BE WITH THEM. DON'T TRY TO FIX THEM.

- Listen without rushing
- Say: "I'm glad you told me"
- Ask: "What would help right now?"
- Offer something specific: a walk, food, a lift, company
- If they may be in immediate danger, get urgent help

KEEP THIS WITH YOU

Presence beats perfect advice.

MAKE A SMALL PLAN

WRITE THIS DOWN BEFORE YOU NEED IT.

- A person I can contact:
- A place where I feel safer:
- Something that helps me ride out a difficult moment:
- A reason to get through tonight:
- A professional or service I can contact:

KEEP THIS WITH YOU

Future-you deserves a plan.

YOU ARE ALLOWED TO ASK FOR BACKUP.

Talk to your GP if low mood, anxiety, sleep problems or distress are affecting daily life. NHS Talking Therapies can also accept self-referrals in many areas.

This guide offers peer support, not diagnosis or medical treatment.

KEEP THIS WITH YOU

**Needing help does not make you less
capable.**

IF YOU ARE IN DANGER.

Domestic abuse can include violence, threats, coercive control, sexual abuse, stalking, financial control and monitoring your phone or movements. It is not your fault.

If someone may be monitoring your device, use a safer phone or computer where possible. A specialist service can help you plan safely.

- Immediate danger — call 999
- Cannot speak on a mobile — listen and press 55 when prompted
- National Domestic Abuse Helpline for women and children — 0808 2000 247, free, 24/7
- Men's Advice Line — 0808 801 0327
- Galop LGBT+ Helpline — 0800 999 5428

KEEP THIS WITH YOU

**You can ask for help without deciding
what happens next.**

SAVE THESE NUMBERS.

- If you may harm yourself or cannot stay safe — call 999 or go to A&E now
- Samaritans — call 116 123, free, 24/7
- SHOUT — text SHOUT to 85258, free, 24/7
- NHS 111 — call 111 and select the mental health option where available
- PAPYRUS HOPELINE247 — call 0800 068 4141 (under 35s)
- Immediate danger or serious injury — call 999 or go to A&E

KEEP THIS WITH YOU

A difficult moment deserves real support.

A NOTE FOR YOU

YOU ARE STILL HERE.

That matters. Even if today has been messy. Even if all you did was make it to this page.

Keep this guide. Send it to someone. Leave it where another person might find it.

KEEP THIS WITH YOU

YOU GOT THIS.