

 **Free for everyone**

Emergency Kit

The Safety Route. When everything falls apart, start here.

This page is for the bad days, when you cannot remember why you started and nothing feels like it works. Fold the corner. Photograph it. Put it where you will find it without having to look. It costs nothing and it always will.

1 • Breathe

Breathe out for longer than you breathe in. In for four, out for six, a few times. It is a physical thing you can do when you cannot do anything else.

2 • This will change

Even if you cannot feel that it will. You do not have to feel hopeful. You only have to not make a permanent decision based on how this hour feels.

3 • Do one thing

Small and physical. Write one sentence. Put on your trainers. Drink a glass of water. That counts, and it moves you from being somebody this is happening to into somebody doing something.

4 • Tell one person

'Today's bad' is a complete sentence. You do not have to explain it or be articulate about it.

5 • Tomorrow is a separate day

It does not inherit this one. Do not review what went wrong yet, and do not make a new plan yet. Tomorrow, do one small thing. Just begin.

My person to contact:

If you need more than this right now

In the UK, the **Samaritans** are there day and night on **116 123**, free, from any phone. **Text SHOUT to 85258** if you cannot speak but could type. For urgent health advice when it is not an emergency, call **NHS 111**. If life is in danger, call **999**. Anywhere in the world, <https://findahelpline.com> lists free, confidential services in your country. Numbers checked September 2026.

Free for everyone, no account and no code, at <https://sowhat.works/emergency>