

ANYWAY.

FREE GUIDE · anywaywhatnext.org

FOR THE HARD DAYS

WHEN EVERYTHING FEELS TOO MUCH

You do not need to solve your whole life tonight.

WHAT NEXT?

RIGHT NOW

GET THROUGH THE NEXT BIT

If everything feels too much, the job is not to become positive or work everything out.

The job is to make the next bit a little more manageable.

01**GET SOMEWHERE SAFER OR CALMER**

If you can, move away from noise, arguments, traffic or anything making the moment harder.

02**DRINK SOMETHING**

Water or a cup of tea is enough. Keep it simple.

03**EAT SOMETHING IF YOU CAN**

A snack counts. This is not the moment for perfection.

04**TELL ONE PERSON**

You can simply say: 'I'm having a hard day. Can you stay in touch with me?'

THEN

MAKE THE PROBLEM SMALLER

A bad day often arrives as one enormous lump: money, family, work, health, grief, fear, tomorrow.

You do not have to carry all of it at once. Separate what needs attention now from what can wait.

NEEDS ATTENTION NOW

Is anyone unsafe? Is there something that genuinely cannot wait until tomorrow?

CAN WAIT

Emails. Decisions. Explanations. Plans. Things that only feel urgent because your head is full.

**YOU ARE ALLOWED TO LEAVE
TOMORROW'S PROBLEMS FOR TOMORROW.**

ONE THING

WHAT WOULD HELP FOR THE NEXT HOUR?

1. WHO IS ONE PERSON I COULD CONTACT?

2. WHERE COULD I BE THAT FEELS A LITTLE SAFER OR CALMER?

3. WHAT PRACTICAL THING NEEDS DOING FIRST?

4. WHAT CAN I STOP TRYING TO SOLVE TONIGHT?

WHEN A GUIDE ISN'T ENOUGH

GET PROPER HELP.

If you or someone else is in immediate danger in the UK, call 999 or go to A&E.

If you need urgent help for your mental health in England, call NHS 111 and select the mental health option.

Samaritans: 116 123 - free, day or night.

Childline: 0800 1111 - for children and young people in the UK.

These guides are not counselling, medical advice or a crisis service. They are simply a place to stop and work out a next step.

ANYWAY.

It mattered. This is where you are. What next?