



Keep it with you always

CRISIS CARD

Cut out the card along the dashed line and keep it in your wallet or phone. In a hard moment you don't need to remember everything; just reach for this small plan.

✂ cut out

When things get hard, I do this, step by step:

1. I pause and take 6 calm, slow breaths.
2. I name what I feel and ask: what need is behind it?
3. I change my surroundings and leave the risky situation.
4. I call someone from my circle of support.
5. I remind myself: this will pass, and I am not alone in it.

H

Hungry

have something to eat

A

Angry

release the tension

L

Lonely

call someone

T

Tired

get some rest

HALT: before you give in to temptation, check whether you are Hungry, Angry, Lonely or Tired. These are common, hidden triggers.

Support helplines (free)

+48 537 677 773

Zeus Detox & Rehab centre, contact our team.

112

Emergency number, when life or health is at risk.

116 123

Crisis Helpline for adults in emotional crisis.

800 199 990

National 'Addictions' Helpline (alcohol, drugs, medication).

801 889 880

Helpline for people with behavioural addictions.

My support people:

WWW.ZEUSREHAB.COM

TEL. +48 537 677 773