

Staying Connected When Things Are Hard



When distress is intense, it can become difficult to see beyond the current moment. Staying connected can mean finding even small links to people, places, values or possibilities that matter to you.



CONNECTION CAN BE SMALL

You do not need to feel hopeful or have everything figured out. A person, pet, place, routine, responsibility or something you want to experience can be enough to hold onto for now.



FOCUS ON THE NEXT STEP

When the future feels too big, bring the timeframe closer. The task may simply be getting through the next hour, staying with someone, making a call or following your safety plan.



LET OTHER PEOPLE HELP HOLD HOPE

You may not always be able to access hope yourself. Trusted people and professionals can stay alongside you and help you remain connected while the intensity passes.



WHAT MATTERS CAN CHANGE

The things that help you stay connected may be different at different times. This page can be updated whenever you notice something new that matters or helps.

YOU DO NOT HAVE TO FEEL CERTAIN ABOUT THE FUTURE

Sometimes staying connected is simply choosing not to act on an urge right now, allowing another person to help, or giving yourself more time for the intensity of the moment to change.

For now, one connection can be enough.

You can add to this list as things change.

What Helps Me Stay Connected



Use the prompts that feel relevant. You do not need to feel strongly about every answer - even small or uncertain connections can be worth noticing.

PEOPLE I CAN CONNECT WITH

Who could I be with, call, message or tell that things are hard?

PLACES OR THINGS THAT HELP ME FEEL MORE GROUNDED

A familiar place, pet, music, nature, routine, activity, object or other source of comfort or steadiness.

THINGS THAT MATTER TO ME

People, relationships, responsibilities, values, commitments or parts of life that matter - even if they feel distant right now.

THINGS I MAY STILL WANT TO EXPERIENCE

Something small or significant in the future: a conversation, event, place, milestone, season, activity or possibility.

WHAT I WANT TO REMEMBER WHEN MY THINKING NARROWS

What would I want to remind myself about intense moments, urges, support or giving things more time?

MY NEXT STEP WHEN I AM STRUGGLING TO STAY SAFE

Who will I contact, where will I go, or what part of my safety plan will I use?

If you are in immediate danger or cannot keep yourself safe

Call 000 or go to your nearest Emergency Department. Lifeline 13 11 14 | Suicide Call Back Service 1300 659 467