Crisis Wallet Card

What to do in the next 10 minutes

- [ ] If you might hurt yourself, call or text 988 now. If anyone is in danger, call 911.
- [ ] If you've been drinking heavily and you're shaking, sweating, confused or seeing things, call 911 or go to an ER. Alcohol withdrawal can be dangerous. Don't ride it out alone.
- [ ] Put distance between you and the drink. Pour it out, leave the room, step outside.
- [ ] Call one person on your card. Say: "I'm having a hard time. Can you stay on the phone with me for ten minutes?"
- [ ] HALT: are you Hungry, Angry, Lonely or Tired? Eat something. Drink a glass of water.
- [ ] Pray, even one line: "God, help me not drink right now."
- [ ] Breathe: in for 4, hold for 4, out for 6. Do it five times.
- [ ] Cravings rise and fall. Plan the next hour: a meeting, a walk, someone's company.

If someone at home is hurting or threatening you, call the National Domestic Violence Hotline: 1-800-799-7233.

Fill in the blanks. Cut each pair out as one strip, then fold it in the middle so it fits your wallet.

WALLET CARDS

Cut on the dashed lines. Print on cardstock if you can.

If I'm in crisis

Call or text 988 (Suicide & Crisis Lifeline, 24/7). In danger, call 911. SAMHSA Helpline: 1-800-662-4357 (free, 24/7). My sponsor: _____ My person: _____ My doctor: _____

stepsandscripture.com

Before I drink: HALT

Am I Hungry, Angry, Lonely or Tired? Eat something. Call someone. Pray. Rest. Get to a meeting. This feeling will pass. I don't have to drink today, and I don't have to do this alone.

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My people

Write down everyone you could call on a bad night. Put the same numbers in your phone.

Who	Name	Phone	Best time to call
My sponsor			

SCRIPTURE

> *"God is our refuge and strength, a very present help in trouble."*
>
> **PSALM 46:1 · ESV**

> *"The LORD is near to the brokenhearted and saves the crushed in spirit."*
>
> **PSALM 34:18 · ESV**

> *"When I am afraid, I put my trust in you."*
>
> **PSALM 56:3 · ESV**