A PAUSE, A PRACTICE, A NEXT STEP

Hopelessness

When it is hard to imagine things changing.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may think nothing will help, stop making plans, or feel unable to take another step. Even ordinary care tasks can feel heavy.

01 / Notice and reflect

Who can stay with me or speak with me?

02 / Notice and reflect

What would make the next few minutes safer?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: For thoughts of suicide or concern you may act, open Crisis Support now. In immediate danger, contact emergency services or go to the nearest emergency department.

Read more: NIMH · Depression

More tools and immediate support: Our Healing Room / Crisis Support.