My day and the support I need

A small space to describe a difficult day and put a support request into words. For people living with protracted withdrawal who want help organising what to say.

How to use it

1. Open page 2. Start with whichever question feels useful.

2. Write a few words or a longer answer. Skip anything you prefer.

3. If you want support, choose a small request and someone to ask.

There is no right answer or daily target. Stop whenever you want. Keep the page private or choose which words to share.

A fictional example

What I notice: I feel overwhelmed by the things I planned to do today.

How it affects my day: I keep switching between jobs and have not started one.

What I need: Someone to listen while I choose one small task.

What I want to remember: I can leave the rest for another day.

A request I could make: Could you stay on the phone for ten minutes while I make a start?

Print or type

Print page 2 and write by hand, or type into its boxes in a PDF reader that supports forms. Save a new copy if you want to keep your answers. You can reuse the blank page whenever you choose.

This page supports reflection and communication. It does not provide diagnosis, treatment or medication advice.

If you need urgent mental health support in England, call 111 and select the mental health option. If you are in immediate danger, call 999 or go to A&E.

Support information: nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/ (checked 12 October 2026).

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Choose a question. A few words are enough. Every answer is optional.

Date or time optional

What am I noticing today?

How is this affecting my day?

What do I need from another person?

One thing I want to remember

One small request I could make

If useful: who could I ask, and what would I say?

Keep your words private or choose what to share. If someone is unavailable, you can choose another person or leave this step for now.