

KALISME MOVEMENT



The Bridge

If you hesitate to ask for help

A first step toward clarity, while you find the right door

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www.kalisme.com

Who this booklet speaks to

"You don't have to feel worse to deserve support."

This booklet is for the person who senses that something is wrong, but who doesn't yet dare to walk through a professional's door. Not because they are weak: because they have held on for too long. Because they learned to cope alone. Because they don't know where to begin.

If that's you, this booklet has a single aim: to help you see more clearly, and to shorten the path between you and the right help. It won't ask you to feel well, or to feel unwell. It will ask only one thing of you: not to stay alone with what weighs on you.

Take what helps. Leave what doesn't speak to you. And keep the last page within reach: it holds the numbers that answer at any hour.

What this booklet is, and is not

What it is. A bridge. A first step toward clarity, written in the language of the Kalisme movement, for the moment when you sense it's time to face things, without yet knowing how to name them.

What it is not. A therapy. This booklet makes no diagnosis, treats no condition, and replaces no health professional. If it should convince you of a single thing, let it be this: you don't have to carry alone what is asking to be shared.

A promise of honesty. If a page of this booklet weighs on you instead of lightening you, close it, and come back to it later, or never. It will already have done its work if it has brought you one step closer to the right door.

The stories we tell ourselves

Five sentences that delay the call, and what they forget

"I'm still holding on." Holding on is not the same as being well. You can hold on for years while quietly fading. The question is not whether you can hold on: it's what it costs you.

"Others have it worse than me." Suffering is not a contest. That worse exists elsewhere has never healed anyone here. Your difficulty doesn't need to be the greatest to be real.

"It's not serious enough." You don't need a diagnosis to deserve help. People also reach out to understand, to prevent, to get through. Waiting until it's serious means waiting until it's harder to mend.

"I should be able to manage on my own." No one manages entirely alone. The most solid people you know have supports you can't see. Asking for help is not a weakness of character: it's a skill.

"I'm afraid of what they'll tell me." That's understandable. But what you imagine in the silence is almost always heavier than what a professional will tell you to your face. Clarity hurts less than doubt, and it doesn't last as long.

The signals worth taking seriously

Some signals deserve more than waiting. If one of them has lasted for several weeks, that's reason enough to reach out: a sadness or an anxiety that no longer eases; sleep or appetite lastingly disturbed; a gradual withdrawal from what used to do you good; a tiredness that rest no longer repairs; the sense of running on autopilot, or of no longer running at all.

You don't need to tick several boxes. A single signal that lasts is enough, and reaching out to check has never been a mistake.

And one signal comes before all the others: if dark thoughts are living in you, don't wait for them to pass. Speak about it today to someone, a loved one, a doctor, a listening line. You don't have to get through this alone, nor know how to explain it to have the right to call.

If dark thoughts are with you, do not wait for them to pass. You will find the lines that answer at the end of this booklet, and if you are in immediate danger, call your country's emergency number.

The possible doors

There is no single right door: there is the one within your reach right now

The family doctor. Often the simplest door: they know you, can take stock, rule out a physical cause, and point you toward the right next step. You can make an appointment "because I'm not doing well": that's a fully valid reason.

The psychologist, the psychotherapist. Professionals of mental care, trained to help you understand and get through. Going doesn't mean "being crazy": most people who reach out are just like you.

The psychiatrist. A specialized doctor, valuable when the suffering is intense or settled in, or when treatment can bring relief while you climb back up.

The listening lines. Anonymous, immediate, with no commitment. Saying things out loud for the first time is sometimes exactly the step that was missing.

The first appointment, demystified

You don't need to arrive prepared. You don't need the right words. You can sit down and say exactly this:

"I haven't been doing well for a while, and I don't know where to begin."

That sentence is enough. Welcoming what comes next is their job. You can cry, get it wrong, not know how to answer: none of that is a problem.

You may also not click with the first person you meet. It happens, and it doesn't mean that help doesn't work: you have the right to change professionals the way you change doctors, until you find the one you click with.

A first appointment commits you to nothing, except to seeing a little more clearly. And if making that appointment is beyond your strength today, start smaller: an anonymous call to a listening line is a door too.

While you wait for the appointment

Four small acts that heal nothing, but that help you hold on

Breathe slowly. A few minutes, when the wave rises: breathing out longer than you breathe in hands control back to the body.

Write for ten minutes. What weighs on you, without rereading or correcting yourself. Putting the words outside makes them a little lighter inside.

Talk to someone you trust. Even clumsily. You don't need to be clear to be heard, nor to have a solution to have the right to talk about it.

Cut off a source that harms you. Just one: a news feed, an account, a conversation that drains you. Notice what its absence sets free.

And if one of these acts wakes more than it soothes, stop it: that's not a failure, it's information. The right answer is then a person, not a technique.

The lines that answer

Keep this page within reach. Depending on where you live, here is where to start.

United States: Suicide & Crisis Lifeline, 988 (around the clock, free). Emergency: 911.

*United Kingdom: Samaritans, 116 123 (around the clock, free).
Emergency: 999.*

Canada: 988 (around the clock, free). Emergency: 911.

Australia: Lifeline, 13 11 14 (around the clock). Emergency: 000.

*Ireland: Pieta, 1800 247 247 (around the clock, free).
Emergency: 112.*

*New Zealand: Need to Talk?, 1737 (around the clock, free).
Emergency: 111.*

Not all of these lines answer at every hour. If you are in immediate danger, call your country's emergency number without waiting.

Anywhere else in the world: call your local emergency number, or find a listening line near you at findahelpline.com.

Closing page

"Asking for help does not betray the path. It protects it."

Kalisme is a movement of inner clarity, not a substitute for care. Its Manifesto awaits you if you ever want to go further, and it will wait just as well after your first appointment as before. The right order is you first.

You deserve happiness, and it begins with loving yourself. Sometimes, loving yourself begins with a call.

Hakan Kaynar, founder of Kalisme

The Bridge is a first step toward clarity for those who don't yet dare to ask for help, and a passage toward care when the moment has come.

This booklet is free. Share it, print it, leave it in a waiting room, slip it to someone who has held on for too long.

It accompanies the Kalisme Manifesto, deposited at the Swiss National Library and shared in fifteen languages on kalisme.com.

www.kalisme.com

This 2026 Kalisme booklet is a translation of the Kalisme Manifesto, a document that was first published in French in 2020. It is a translation of the Kalisme Manifesto, a document that was first published in French in 2020. For more information, see a health professional, or call your country's emergency number. The listening lines by country are gathered at the end of this booklet.