

SANITY SCORE

Sanity represents a character's ability to cope with supernatural horrors. It is not intended to mimic real-life mental health issues.

Every character has a base Sanity score. This score is equal to the total of the character's Intelligence, Wisdom, and Charisma scores, plus their level. Sanity is very similar to hit points - it is gradually worn down by mental attacks until it reaches zero, at which point the target is overwhelmed and is unable to act. In this way, it's usage mirrors that of hit points - once at zero Sanity, the character must make Madness saves in the same way that an unconscious character makes death saves. If the character fails three Madness saves, he or she gains a Permanent Madness; if they make three successes, they instead stabilize. This Permanent Madness is similar to an Indefinite Madness (see the DMG, pg. 260), but it cannot be cured. The GM may wish to devise new Permanent Madnesses.

A character who acts in accordance with their Madness gains an inspiration die, in the same way that a flaw does; it does not dictate the character's actions. In this sense, failing three Madness saves is not as injurious to the character as failing three Death saves; it merely adds roleplaying potential and increases the tension in the game. However, being reduced to zero Sanity can take a character out of the action temporarily, until Sanity is restored.

RECOVERING SANITY

During a long rest, a character may make a Wisdom check and recover that many Sanity points. No Sanity is recovered after a short rest. Sanity cannot exceed the character's base Sanity score.

Additionally, the following spell is available to clerics and bards:

Soothing Words

1st level enchantment

Casting Time 1 action

Range Touch

Duration Instantaneous

A creature you touch gains a number of Sanity points equal to 1d4 + your spell casting modifier.

SANITY ATTACKS

A Sanity attack inflicts a Wisdom save. There are five levels of Sanity attack (minor, medium, major, epic, and godly), and each has an associated save DC and amount of inflicted psychic damage. It is up to the DM what level of Sanity attack a particular effect is, but some suggestions are shown below.

Category	WIS Save DC	Sanity Damage	Examples
Minor	DC 5	1/1d6	Seeing a ghoul, hearing whispering ghostly mutterings
Medium	DC 10	2/1d8	Subjected to charm or enchantment spell, sight of a Lesser Race
Major	DC 15	3/1d10	The sudden appearance of a demon or Elder Thing
Epic	DC 20	4/2d6	Subjected to a magical compulsion or sight of a Greater Race
Godly	DC 25	10/5D6	The manifestation of a god or Great Old One

Sanity Damage: The amount of damage the character suffers due to the attack. The number before the slash is the damage take on a successful save; the number after the slash is the damage suffered on a failed save.

SANITY RESISTANCE:

Adventurers are exposed to experiences that would terrify and break the minds of normal people, and become inured to it over time. All player characters have Sanity resistance, which allows them to ignore Sanity damage equal to their level divided by 5. This resistance applies to any attack or effect that causes Sanity damage.

RESTORING SANITY

A character proficient in medicine can make a Medicine check (using their Charisma or Wisdom modifier, as they choose) to attempt Sanity restoration. If the result of the check exceeds the creature's current Sanity, the creature gains Sanity points equal to 1d4 + the Charisma modifier of the character treating them. A creature can benefit from such treatment once every 24 hours.

IMMUNITIES

A creature which is not subject to fear effects, cannot be affected by the frightened condition, or is immune to psychic damage, is immune to Sanity attacks.

PSYCHIC DAMAGE

Any damage from an attack, spell, or effect which does psychic damage is applied to both Sanity and hit points.

SANITY AND THE INTELLIGENCE (ARCANA) SKILL

A character proficient in the Intelligence (Arcana) skill subtracts its Intelligence (Arcana) modifier from its maximum Sanity. This skill represents knowledge of forces and entities beyond the comprehension of normal mortals, and such knowledge comes at a price.

Any character with a total modifier of +10 or more in the Intelligence (Arcana) skill has advantage on checks made with the skill.

