

A Note to Read Later

Write to yourself now, for a night when thinking straight is harder.

WHEN TO USE THIS

Write this on a good day. Fold it up and put it where you will find it.

Write the note. Say it the way you would say it to someone you love.

If you are not safe right now, call or text 988, the Suicide and Crisis Lifeline. Reach out now. You do not have to hold this alone.

Three things you want your later self to do before deciding anything.

Eat something. Call one person. Wait until it is light out.

1. _____
2. _____
3. _____

Your own handwriting lands differently at 3 a.m. than anyone else's advice.