

A Plan for a Hard Night

Write down now what you will do the next time a night gets bad.

WHEN TO USE THIS

Fill this in during the day, while things are steadier, and keep it where you will find it.

If you are not safe right now, call or text **988** for the Suicide and Crisis Lifeline. Reach out now, not later.

Your steps, in order.

FIRST I WILL	THEN	IF THAT DOES NOT HELP

Names and numbers of people you can call or text at night.

1. _____
2. _____
3. _____
4. _____

What makes the night worse that you could put out of reach?

Screens, alcohol, the news, certain messages.

What do you want to say to yourself at 3 a.m.?

Write it as if you were talking to a friend.

Nights end. Keep this page where you can reach it in the dark.