

Not Being Alone Tonight

Sort out company for tonight so you are not getting through it by yourself.

WHEN TO USE THIS

Use this in the late afternoon of a day you can tell is going badly.

Who could come over, or let you come to them? Write four names.

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

What will you ask for? Put it plainly.

Can I stay at yours tonight? I do not want to be on my own.

988 is the Suicide and Crisis Lifeline. Call or text it now if you are not safe. You do not have to get through this on your own.

If nobody can come, what will you do instead, and where will you be?

988 answers all night, by call or by text.

Company does not have to be good company. It only has to be there.