

People You Can Call

Put together a short list of people to reach, before the moment you need it.

WHEN TO USE THIS

Fill this in on a calm day, then keep it where you can find it fast.

People you could reach out to. Fill in whatever you know.

NAME	NUMBER	BEST TIME

Who is easiest to reach in the middle of the night?

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.

Two people you want to add later, once you have asked them.

1.

 2.

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A list you made ahead of time asks a lot less of you than remembering does.