

The Next Hour

Make a plain plan for the next hour so nothing else has to be decided right now.

WHEN TO USE THIS

Use this when the next hour feels like a lot. One hour is all this covers.

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.

Where will you be for the next hour, and who else is there or nearby?

Four things you will do in that hour. Small and ordinary is fine.

Put the kettle on. Sit on the step. Text your sister. Put the radio on.

1.

2.

3.

4.

Who will you tell that you are having a hard hour?

A name and how you will reach them - text, call, knock on a door.

One hour. When it is done, you can make a plan for the hour after that.