

What to Do at 2 a.m.

Have something written down for the hours when everyone else is asleep.

WHEN TO USE THIS

Fill this in during the day. Keep it in the drawer by your bed.

Who can you reach at 2 a.m., and how?

988 answers all night, by call or by text.

Three things to do that do not need anyone else awake.

Shower. Radio on low. Sit in another room with the light on.

1.

2.

3.

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.

Write one line for the morning to find.

Nights run longer than days. Morning is closer than it feels at 2 a.m.