

Who To Call

Gets the names and numbers on paper now, so you are not deciding in a bad moment.

WHEN TO USE THIS

Fill this in on a steady day and keep it somewhere you will find it fast.

People you could reach, and what each one is good for.

NAME	NUMBER	GOOD FOR

Who is the easiest to call at two in the morning?

What makes it hard to pick up the phone?

What could you send instead when talking is too much?

A three word text still counts as reaching out.

If you are thinking of hurting yourself, call or text 988. Free, day or night, and you do not need the right words.

Nobody keeps a list like this because they are weak. They keep it because it works.