

Right now

If you are in immediate danger, call 911.

If you are having thoughts of harming yourself, or thoughts that people would be better off without you, please reach out today.

Crisis line (call): 988

Crisis line (text): 988 or text HOME to 741741

Emergency services: 911

All free, all hours, anywhere in the US.

You do not have to be in immediate danger to make that call. Wanting the pain to stop is reason enough.

If you're not in danger, but you can't cope right now:

1. **This is a wave. It will pass.** The most intense part is usually minutes, not hours. Inside a wave it feels permanent. That feeling is part of the wave. It isn't accurate.
2. **Get safe.** Pull over if you're driving. Step out if you're somewhere you can't do this. Bathroom, car, corridor, outside.
3. **Body first.** Feet flat on the floor, pressed down hard. Breathe in for four, out for eight. Five times. Look around the room. Find five things. Name them.
4. **Let it be there.** Don't fight it. Don't try to stop crying. Waves that are allowed to crest pass faster than waves that are fought.
5. **One small thing after.** Water. Wash your face. Walk to the end of the street. Text one person.

Who to call

Fill this in now, while you can think. Not later.

Three people who would pick up

1. _____
2. _____
3. _____

Not the wisest. The most available. The friend who says the wrong thing but answers at eleven at night is more useful than the profound one who replies in three days.

My professional contact

If you want help finding a therapist or support group: **1-800-662-4357** (1-800-662-HELP). Free, private, 24/7, English and Spanish. They point you to local help; they are not a crisis line.

A place I feel steadier, and how I'd get there

If you can't face talking

Text instead of calling. "Having a bad night. Don't need to talk. Just wanted someone to know."

That's a complete message and most people receive it well.

If it's the middle of the night

Three in the morning is the worst hour for most people. Your regulation resources are lowest, nobody's awake, and the loops arrive.

A few things that help

- **Get up.** Lying in the dark not sleeping teaches your brain that bed is a place for lying awake. Go to another room. Dim light.
- **Do something dull.** Not your phone. The light and the scrolling both make it worse. Something boring and physical. Tidy a drawer. Make tea you don't drink.
- **Name it.** "This is three in the morning. Everything is worse at three in the morning. This is not new information about my life."
- **Don't make decisions.** Nothing decided at 3am is decided well. Whatever seems obvious right now can be looked at in daylight, and usually looks completely different.
- **Use a crisis line.** Call or text **988**, or text **HOME** to **741741**. They are open overnight. That's what they're for, and the hour is not too late.

Things that are true

For when you can't remember any of them.

- This is a wave. It peaks and passes.
- A wave is not a relapse. Being hit hard does not undo anything.
- You are doing the best you can, and that's enough.
- The intensity is shorter than it feels. Check the clock afterward.
- You have survived this before. Every previous wave, you got through.
- Nothing has to be decided tonight.
- You don't have to feel everything at once.
- Grief is the cost of love. It isn't the measure of it.
- Your body is not betraying you. It's responding exactly as designed.
- Asking for help is not failing at this.

And if you wrote yourself a letter in Module 8, this is what it was for. Go and get it.