

Build Your Support Team

Who can you go to when you're feeling down, unsafe, or unsure?

Fill in the spaces below with people you trust or look up to:

- A family member I trust:

- A friend I can talk to:

- A teacher or coach I feel safe with:

- A counselor or mental health resource:

- A neighbor or community leader:

- A pet or journal I can turn to when I need to feel calm:
