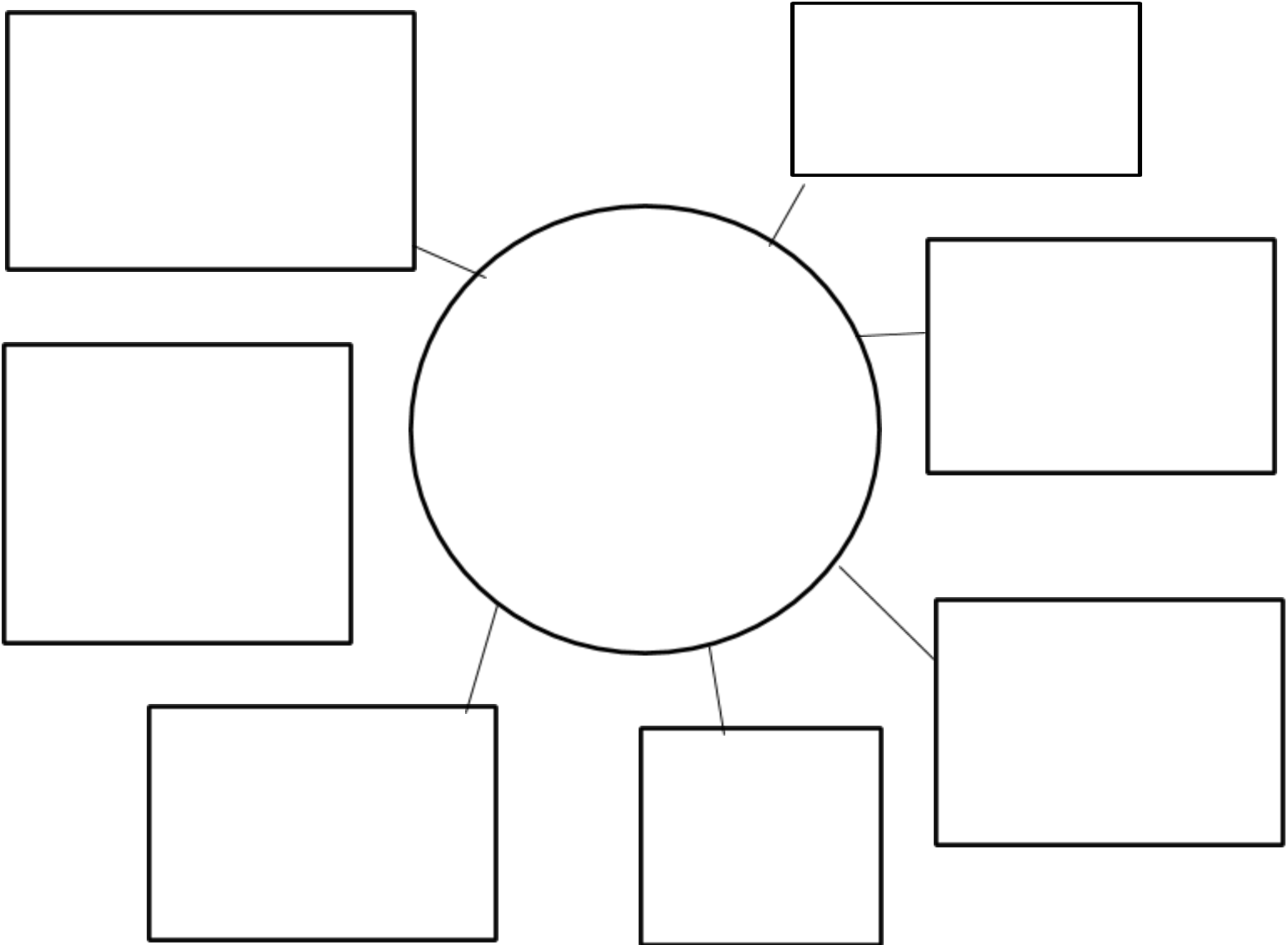


## MY SUPPORT MAP

Below you can create a 'map' of your support system. In the center circle, put your name or paste/draw a picture of yourself. In the boxes connected to you, write the names and contact information of the people/organizations who are or could be a part of your support system. This means anyone you could call for help or support in any area of your life from a serious personal problem, to health care, to help with your home, or just an ear to talk to. Feel free to draw in extra boxes if necessary.



### Examples of people and places you might have in your support system:

- Parents
- Siblings
- Other Family Members
- Close Friends
- Counsellor / Therapist
- Place of Worship
- Crisis Lines
- Health Clinic
- Groups

