

## Warning Signs:

The things you might notice when you start feeling overwhelmed or frustrated



## Places I Can Go; Things I Can Do:

Think about the places you can go or things you can do where you feel most comfortable and list these here



## Family and Friends I Can Talk To:

Write down the names of family members and friends who can support you, include how they can help



## Community Resources I Can Access:

This can include community service agencies, a counsellor you feel comfortable with, doctor, recreation activities and more



## Online Support I Can Access:

This can include online support groups, apps, etc



## Emergency Phone Numbers:

Write down who you can call in an emergency. Include your local crisis line, as well as any crisis program for children and youth that may be in your community



**You can do ANYTHING, but not EVERYTHING**

*David Allen*

