

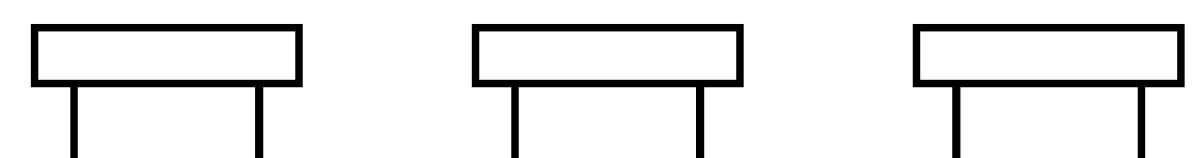


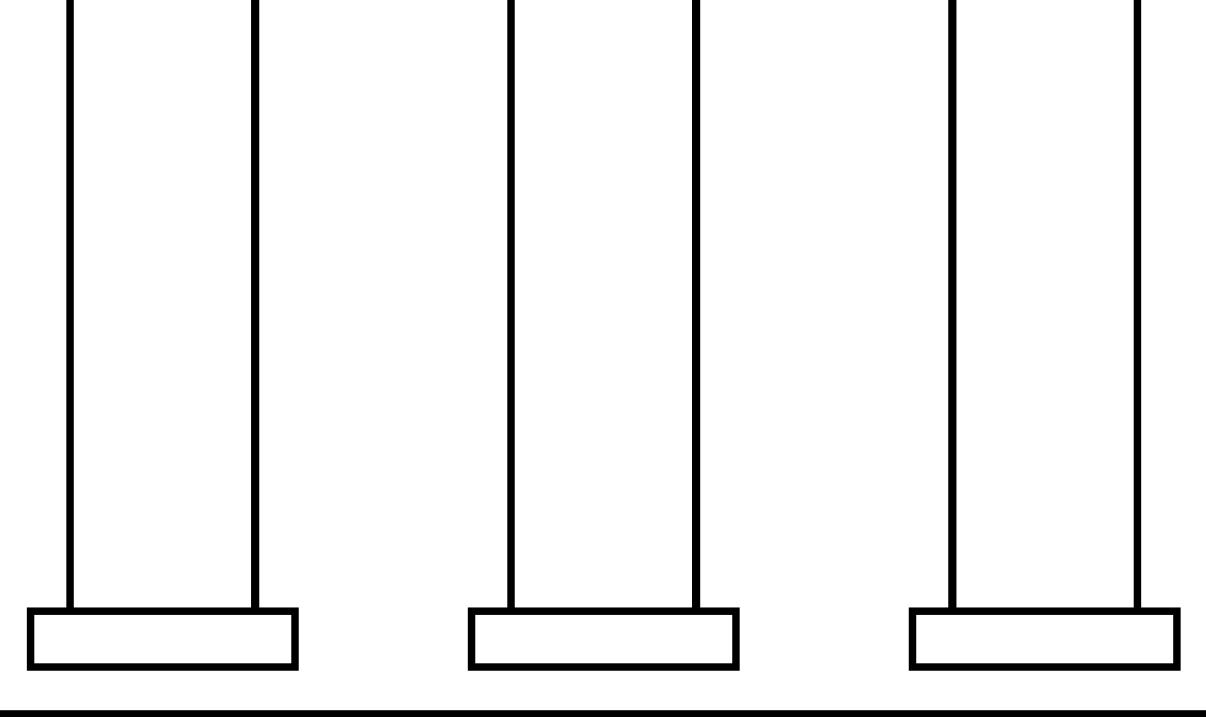
## Pillars of Support

Brainstorm some ideas about who you would go to to get help in different situations. Think about the friends and family that you would speak to, if there are any other trusted adults in the community, or any other professionals in education, social work or mental health services that could help.

Fill in the pillars below:

## My Pillars of Support





## Friends/Family Community Professionals

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