

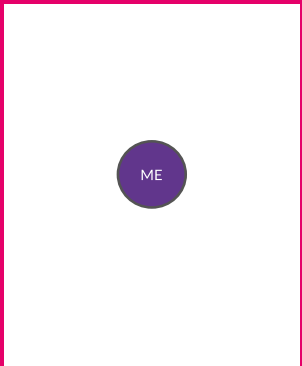
# Explore your connections

**Aim** – helps a young person, and their trusted adult, consider who in their lives they could turn to for further help with their mental wellbeing.

## Instructions

1

Write your name in the middle of a blank piece of paper.



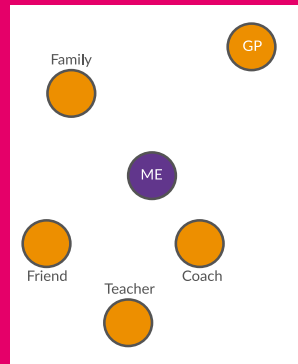
2

Think of the people in your life who might be able to help you if you are struggling with something. For example: your family, friends, school staff, a sports / club coach or your GP.



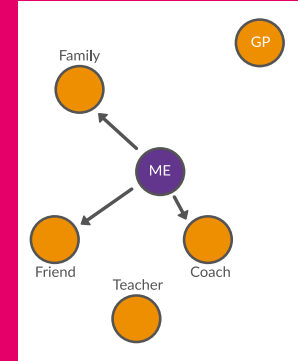
3

Write the names of your people on the piece of paper with those closest to you near to your name, and those less close to you further away. You might find it easier to do this with sticky notes so you can move the names around.



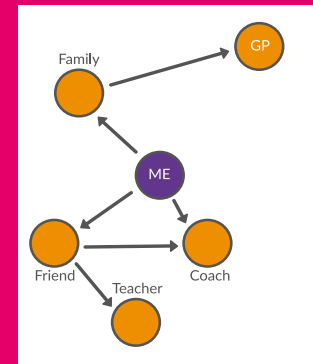
4

Draw lines out from your name to those who might be able to help.



5

Talk about if there is someone who you are close to, who could help you speak to someone further away. For example, could a friend or family member help you speak to your GP or school staff? Draw a line between those people.



**You're connections are now complete!** There are lots of people around who can help you get help – you're not alone. When something difficult comes up, think through the web, who do you need to get to? Who can help you get there?