

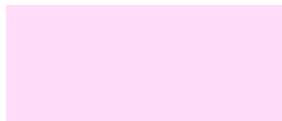
# You can help me

Today I am feeling



Today you can help me by...

When I feel



can help or



can help too

Something I'm finding difficult right now is...

I would like to hear from...

	Daily	Weekly	Monthly	I'll be in touch when I'm ready
● teacher	●	●	●	●
● youth worker	●	●	●	●
● parent	●	●	●	●
● social worker	●	●	●	●
● sports coach	●	●	●	●
● .....	●	●	●	●
● .....	●	●	●	●
● .....	●	●	●	●
● .....	●	●	●	●
● .....	●	●	●	●
● .....	●	●	●	●

I love talking about...

these are the important people in my life...