

Who Can I Talk To?

It is important to think about who you feel safe with and to make an action plan with who you can go to when you need some extra help.

Remember — if it matters to you, it matters.

Life can be hard to navigate on your own, so use the template below to think about where and who you can go to for support when you need it.

Who do I feel safe to talk to in my family?	
Who do I feel safe to talk to in the community? (E.g. sports coach, a friend's parent.)	
Who do I feel safe to talk to in my school? (E.g. teacher, guidance counsellor, student mentor.)	
Who can I contact if none of those options work for me? (E.g. helplines.)	

THINK Before You Speak

T - is it true?

H - is it helpful?

I - is it inspiring?

N - is it necessary?

K - is it kind?



Light up My Life

People, events and things that I have enjoyed and I am thankful for.

What Overwhelms Me and What Can I Do?

Which emotions do I have the most difficulty with?

What happens in my mind and/or body when I feel these emotions?

How do I behave when these emotions overwhelm me?

What Overwhelms Me and What Can I Do?

	1. What helps me feel calm?
	2. What makes me feel a little uncomfortable What can I do to help myself when I am feeling like this?
	3. What makes me feel annoyed or frustrated? What can I do to help myself when I am feeling like this?
	4. What makes me feel really upset? What can I do to help myself when I am feeling like this?
	5. What makes me feel out of control or unable to manage my reactions? What can I do to help myself when I am feeling like this?