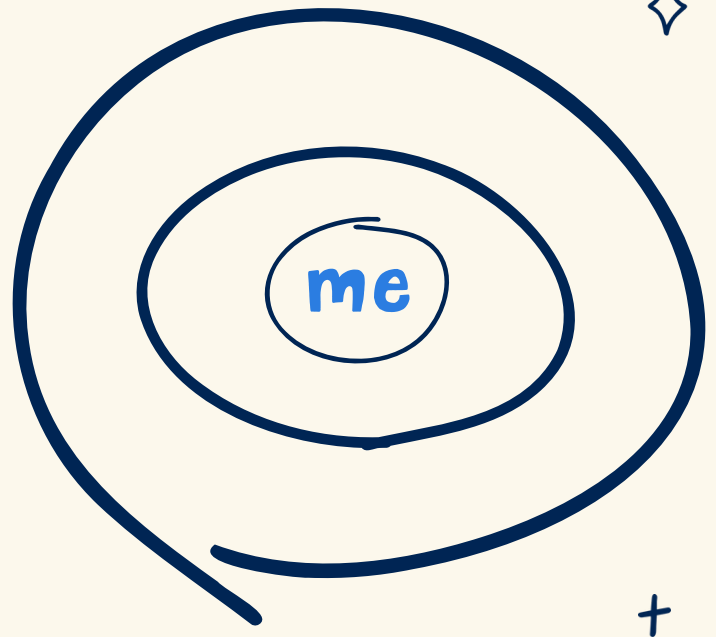
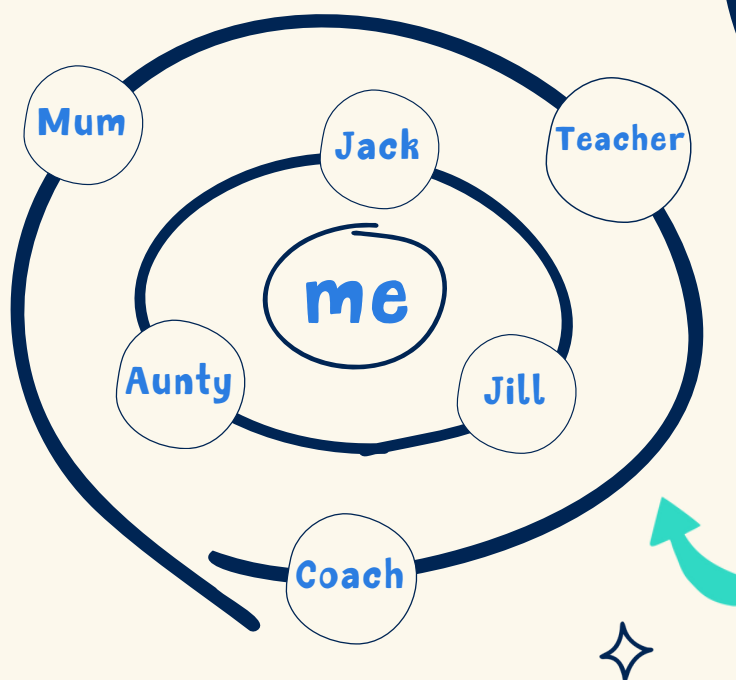


KNOW YOUR SUPPORTS

Informal support refers to the people in our networks, people we know and who we could go to for help. These people might be friends, family, coaches, teachers, community elders etc. Ultimately they are the people who we can trust and who make us feel safe.

To help you identify those people, grab a piece of paper and draw a small circle with your name in the middle. Draw two bigger circles around it. You should have a picture that looks like this:



On the circle closest to you, write the names of the people who you trust the most. On the outer circle, write the names of people who you could go to for additional support.

Finally, write down scenarios in which they would go to each person, i.e. I would go to Mum if I was feeling really down on myself and needed reminding of how loved I am.

Teacher	Jack
Aunty	Mum
Coach	Jill

Everyone's support networks look really different and can play a huge role in helping someone move through tough times.