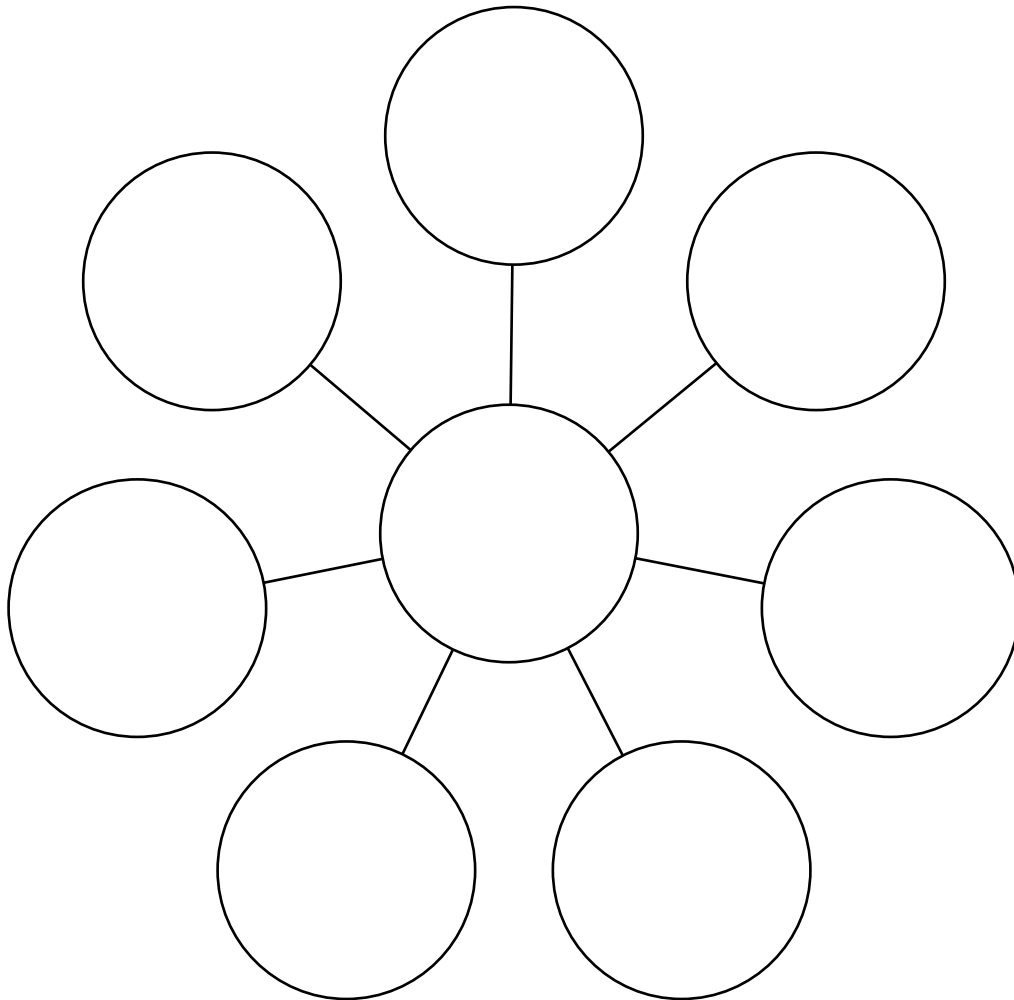


My Support Map



Below you can begin to create a map of your support system. In the center circle, write your name or paste a picture of yourself. In the circles connected to you, write the names and telephone numbers of the people or organizations who are or could be a part of your support system. Feel free to draw extra circles if you need to.



Examples of people and places you might have in your support system...

- Parents
- Caregivers
- Siblings
- Extended family members
- Your counselor
- A teacher you trust
- Your dating partner
- Youth Center
- Crisis hotline or health clinic
- A club or team you belong to
- Your co-workers
- Your church or temple