

My Support Circle

People can help in different ways. Use this sheet to think about who feels safe, who listens, and who you could go to if you needed support.

People I trust

- ☐ I have someone I can talk to
- ☐ I have someone who listens properly
- ☐ I have someone who helps me stay calm
- ☐ I have someone I can ask for practical help
- ☐ I am not sure who I trust yet
- ☐ I find it hard to talk to people
- ☐ Other: _____



My support circle

Closest support



Helpful people



Professional support



What I might need help with

- ☐ Feeling worried
- ☐ Feeling unsafe
- ☐ Family problems
- ☐ Friendships
- ☐ School or college
- ☐ Online problems
- ☐ Money or practical things
- ☐ My mood
- ☐ Something else: _____



What I need adults to understand



Anything else you want me to know?

