

My Support Numbers



When I'm feeling distressed I can call someone to support me so I can feel better.

Call a friend or family member:

Name:	Phone:
Name:	Phone:

Call a backup person if the person(s) above is/are not available:

Name:	Phone:
Name:	Phone:

Call a care provider (therapist, case worker, social worker):

Name:	Phone:
Name:	Phone:

Call my local crisis line:

Name:	Phone:
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