

RESOURCE WHEEL

In the inner circle, write the names and phone numbers of people and places you can call anytime, day or night, for help. E.g. close friends or family, 911, shelters, Distress Line (482-4357)

In the middle circle, write the names and phone numbers of people or places you can call primarily daytime or weekdays. E.g. friends, family, counselling services, support groups

In the largest circle, write down the things you do to take care of yourself

