

Journal

Some things you may like to include...

- ● ● What I am working through, dealing with or having trouble with that is making me feel this way.
- ● ● How it makes me feel.
- ● ● How long I've been feeling this way.
- ● ● The people who I trust to help me...
- ● ● How can I ask for this help?
- ● ● When do I plan to ask for help- try and put a date or time to this.

Visit <https://safetybagtags.org.au/call-webchat-write/>

