Journal

Date; / /

Type away …

Is it time to ask for help or does it feel like everything is going well? Leave yourself a note here as to how you are feeling… then you can look back and see if and how things may have changed…

I feel on track

Some ups and downs (more ups than downs)

Some ups and downs (more downs than ups)

Feel like I can deal with things independently

I’ve confided in friends/ people I trust and I am getting their advice

Time to ask for help from other people or services such as Kids Helpline or Lifeline or a specific Hotline number as found here: <https://safetybagtags.org.au/call-webchat-write/> (Hit Ctrl plus Click to follow to this website, or copy and paste into your browser), for many numbers you can call to talk about anything that is on your mind that you may be concerned about.