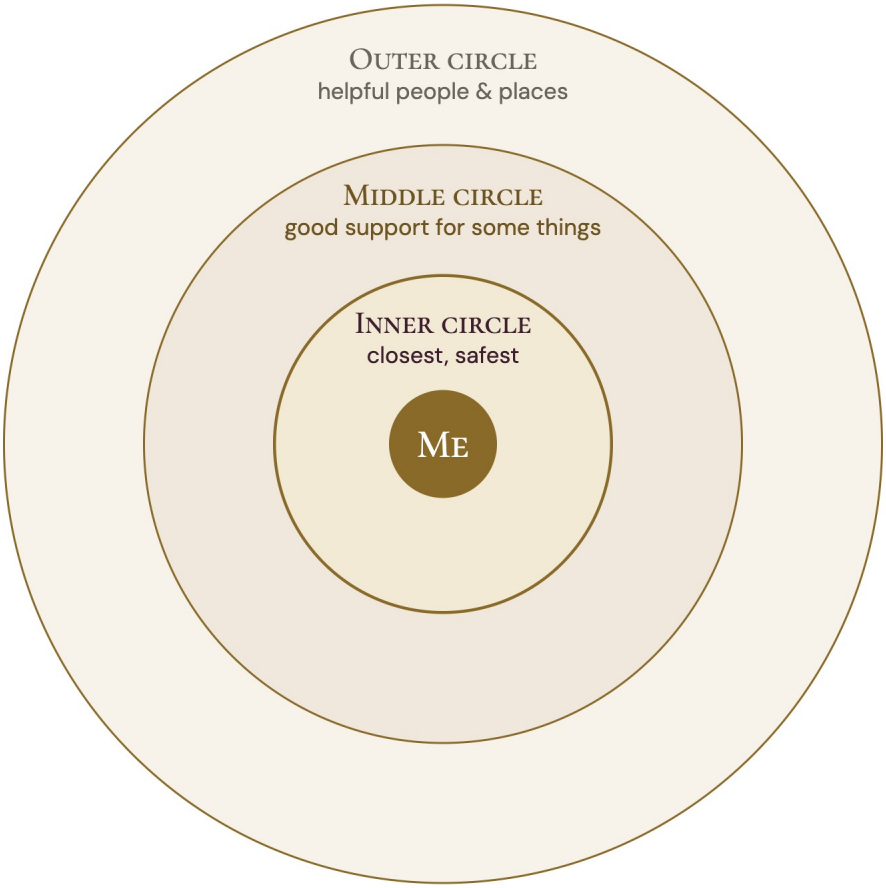
Who's in *my corner.*

Why this helps: no one person can meet every need, and that's okay. Seeing your people on one page makes it easier to know who to reach for, and when.

How to use it: write names in the ring that feels true right now. Pets, groups and places count too.



EXAMPLE

Inner: *my sister, my cat*

Middle: *gaming friend, coworker Sam*

Outer: *library quiet room, my GP*

People can move between rings over time. That's normal, not a failure.

Professional supports
therapist, doctor, crisis line

Who can help with...

	NAME	HOW TO REACH THEM
Practical help		
Listening		
Fun		
A crisis		
Advice		
Sensory-safe hangs		