

SUPPORT CIRCLE PLAN

Know your people. Know your options. Make support easier to reach.

DATE _____ TIME _____

1. WHEN I AM STRUGGLING, I USUALLY NOTICE...

_____
_____
_____
_____
_____

2. SIGNS I NEED SUPPORT NOW

- ☐ Isolating
- ☐ Craving
- ☐ Not sleeping
- ☐ Crying
- ☐ Panic
- ☐ Unsafe thoughts
- ☐ Shutting down
- ☐ Angry
- ☐ Other: _____

3. PEOPLE I CAN CONTACT

Name	How they help
_____	_____
_____	_____
_____	_____

4. PLACES OR SUPPORTS THAT FEEL SAFE

- ☐ Outside
- ☐ Meeting
- ☐ Bath / shower
- ☐ Crisis line
- ☐ Bedroom
- ☐ Chat support
- ☐ Friend's place
- ☐ Other: _____

5. WHAT I CAN SAY WHEN I NEED HELP

I need _____.

Can you _____?

I am not okay and I need _____.

6. WHAT HELPS WHILE I WAIT?

- ☐ Water
- ☐ Music
- ☐ Walk
- ☐ Sit with someone
- ☐ Breathe
- ☐ No phone
- ☐ Blanket
- ☐ Journal

7. MY NEXT SUPPORT STEP

_____
_____
_____

Reaching out is a strength, not a failure.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.