

Explore your connections

Helping a young person and their trusted adult to explore who they could turn to for support with their mental wellbeing.

1

Start with writing your name in the middle of the page



2

Now think of the people in your life who can support you if you're in trouble or struggling



3

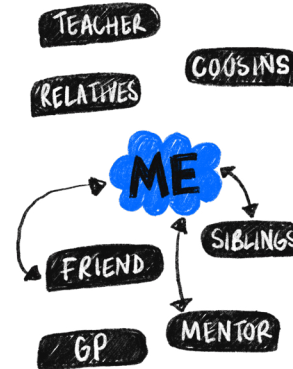
This could be your:

- sports/ club coach
- cousins, siblings or other relatives
- neighbour
- friend
- faith leader
- mentor
- support worker
- GP
- teacher or TA
- community leader



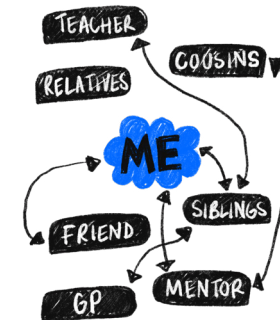
4

Draw lines from your name to those people who you have direct connections with



5

Is there someone close to you who can connect you to someone further away? For example, your cousin or a friend could help you speak to your GP



*when noting these down – write the people closest to you nearer to your name circle and the people more distant to you further away from these.

When something difficult comes up, think through the web, who do you need to get to? Who can help you get there? Exploring these connections can help you to see that you are not alone - and that you're going to change things for the better.