

## My Support Network

Support can be practical, emotional, professional or simply having someone who listens.

### People who make me feel safe

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### Someone I can contact when I am struggling

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### Professional support available to me

GP, substance misuse service, therapist, recovery service or other support.

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### What I want people to do when I ask for help

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### What is NOT helpful for me

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### What can make it difficult for me to ask for help?

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### A sentence I could use to ask for support

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### One person or service I could reach out to next is...

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