

My Support Network

You do not have to manage everything alone. Support may come from trusted people, professionals, services or practical changes around you.

People I feel emotionally safe with

Someone I can tell when eating feels difficult

Professional support available to me

What I want people to understand about my needs

What helps me feel supported

What feels unhelpful or pressuring

A sentence I could use to ask for help

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