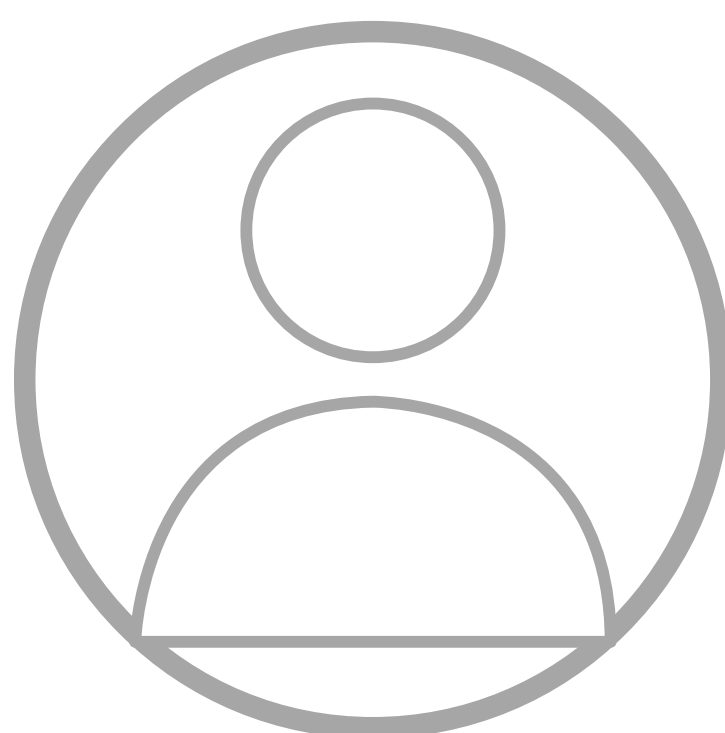


My support circle

Draw yourself onto the figure in the middle or write your name.

Write the names or titles of the people who support you around the figure.

Remember, you are not alone.



My support circle: example sheet

Draw yourself onto the figure in the middle or write your name.

Write the names or titles of the people who support you around the figure.

Remember, you are not alone.

My GP

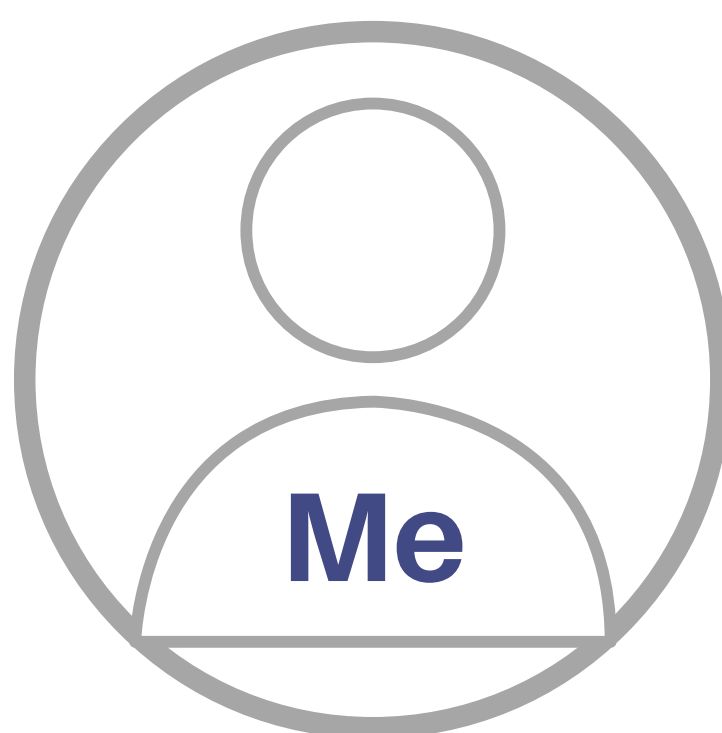
Dietician

My family

My consultant

Pharmacist

My community



My friends

My teacher

My nurse

Sports coach