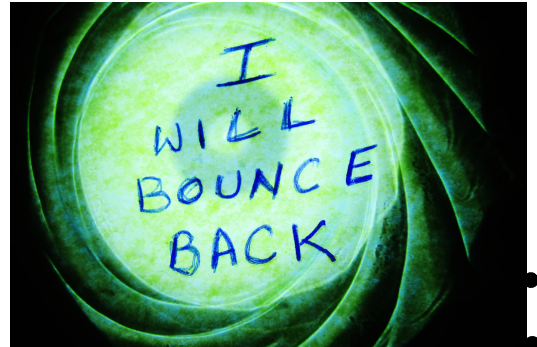


My Resilience Plan

People I can call or talk to for help:

-
-
-



What activities bring me joy?



What has helped me
in the past:

My strengths:

- 1
- 2
- 3

Advice I would give a friend:

