

<b>Who to go to for help – Three people you can trust.</b>	<b>Where to go for help – (credible resources)</b>	<b>Self-care – Three healthful things you can do to be good to yourself</b>
1. Name of School Counsellor/Teacher i.e.	1.	1.
2.	2.	2.
3.	3.	3.