A small step toward your circle

You do not need a big group. One safe person is a place to start.

Someone I could spend time with:

Something we could do together:

When I could ask:

Try: "Want to draw, play, or sit with me?"

Draw, write, or skip a question.
Share only what you choose.

Your circle can keep growing.

A safe person might be a relative, teacher, counselor, coach, nurse, or family friend. Notice who listens and helps you stay safe.

One connection to keep close

A person, place, or activity:

One way I could connect this week:

Small counts. You can add more later.

988 Suicide & Crisis Lifeline

Call or text 988 for support in a crisis.

You're not alone.

Progress is Progress LLC

Mile or a Millimeter

www.progresscounselingprograms.com

Your Circle

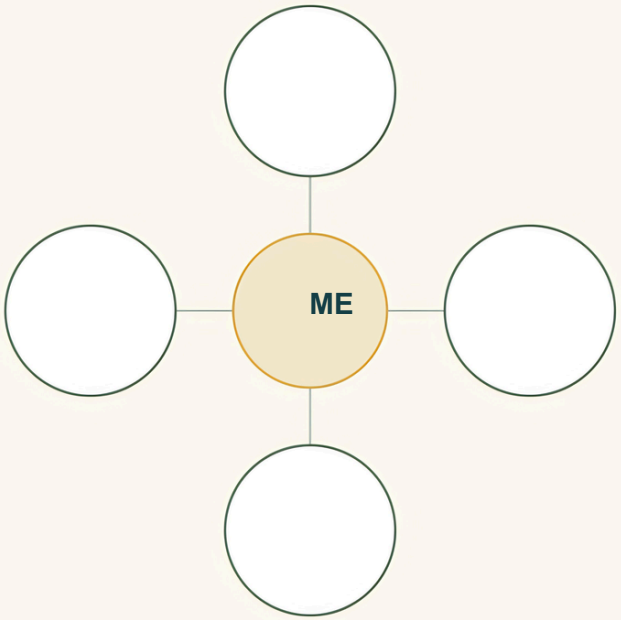
You belong to more than one hard day.



Who helps me feel like me?

Draw or write your circle.

Add safe people, comfortable places, and things you enjoy. Names, pictures, or symbols all count.



Your circle does not have to look like anyone else's.

A small circle still counts.
You can add to it later.

What helps me feel I belong?

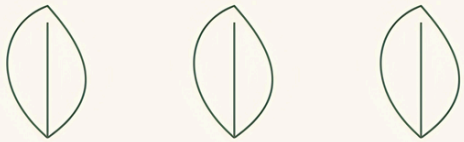
People, places, and things can all matter.

Check what matters to you:

- ☐ Someone listens to me.
- ☐ My no is respected.
- ☐ I can ask questions.
- ☐ I can be myself.

A place, activity, or community connection that matters to me:

Color a leaf for a connection you value.



My connection plan

You can ask for company or help.

Words you can borrow:

"Can you sit with me? I need some help."

A safe grown-up I can reach:

How or where I can find them:

If they are not available, I can try:

If you feel unsafe, tell a safe grown-up. Keep telling until someone helps.