QUESTIONS ARE WELCOME

What do I want to know?

A new school, a different home, or a change in family life can bring questions. You can ask a safe grown-up.

What will happen next?

Who can help me?

My own question:

“If you do not know yet, can you tell me when we can talk again?”

YOU DESERVE SUPPORT

Grown-up changes need grown-up help

You do not have to solve money problems, fix arguments, or take care of a grown-up’s feelings.

“Things feel different. Can you help me understand what happens next?”

If someone hurts you or you feel unsafe, tell a safe adult. If they do not help, tell another one.

A safe grown-up I can tell:

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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www.progresscounselingprograms.com

When Life Changes Around You

**My feelings count.
I can ask for support.**



**One change at a time.
One small step with help.**

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Mile or a Millimeter

01 / MORE THAN ONE FEELING

Both feelings can fit

You can miss what you knew and feel curious about something new.
Draw or write two feelings below.

ONE FEELING

ANOTHER FEELING

Sad Mad Worried Hopeful
Relieved Confused Something else

You can feel differently tomorrow.

02 / SOMETHING FAMILIAR

What can come with me?

Draw things that help you feel like you. They can be real things, a memory, a song, or a favorite activity.



One familiar thing I can ask for:

Someone who can help with that:

Color the bag any way you like.

03 / MY NEXT SMALL STEP

A plan for the next part

I can ask for help with one part of the day. I do not need to figure everything out right now.

A part of the day that feels hard:

Something I could ask for:

- ☐ Someone to show me around.
- ☐ A reminder of what comes next.
- ☐ A familiar story, game, or song.

My helper:

“Can we make a small plan for this part together?”