FACTS / QUESTIONS / SUPPORT

YOU CAN ASK FOR CLARITY.



When details keep changing, separate what you know from what you are still waiting to hear.

What I know right now:

What I need to ask:

Who I can ask, and when:

You can ask for another update.

SUPPORT WITHOUT PRESSURE

YOU DESERVE SOME BACKUP.

You do not have to manage adult conflict or carry someone else's decisions.
You can ask for support with your part.

"A lot has changed. I need someone to listen and help me make a plan for what happens next."

If you feel unsafe, tell a trusted adult.
If stress keeps disrupting sleep, school, or daily life, talk with a counselor.

Someone I could talk with:

988 Suicide & Crisis Lifeline

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

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16 / TEENS AGES 13–18

WHEN YOUR NORMAL CHANGES

You can miss what was and need something different.



YOU GET TO HAVE FEELINGS ABOUT WHAT CHANGED.

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Mile or a Millimeter

01 / WHAT THIS IS LIKE FOR ME

WHAT CHANGED. WHAT I NEED.

A move. A breakup. A family change.
A new school or a plan that fell through.
Write only what you want to record.

The change I am dealing with:

What I miss or wish were different:

What I need more of right now:

Relief and sadness can coexist.
You do not have to pick one.

02 / WHERE I HAVE SOME SAY

MY PART OF THE PLAN

You may not get to choose the change.
You can still ask for information,
a small choice, or practical help.

Something I cannot decide:

A small choice I can make:

Help I need from someone else:

“What can I have a say in?
What can you help me with?”

03 / SOMETHING STEADY

ONE THING FOR THIS WEEK



Choose one familiar routine or
connection you want to keep or rebuild.

- ☐ A regular meal or wind-down.
- ☐ Time for a familiar interest.
- ☐ A check-in with someone safe.

My small plan, including when:

Who can help make it possible:

You can adjust the plan as life changes.