

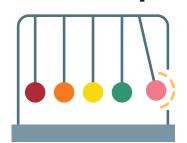
Support look like? What does your

## What's happening?



ldentifying possible challenges

## What's the impact?



I I I I How are you responding?

## What works?

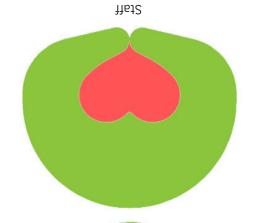


How do you know when you're going well?

## What do you need?



How can we help?







5 Ways to Wellbeing









My Coping Plan