



# MY CREW

If I'm feeling worried or stressed, I can talk to...

If I'm struggling at school, I can talk to...

If I have a problem at home, I can talk to...

When I want to feel happier, I can...

## TOP TIP

This is a space where you can think about the grown ups in your life who can help you if you need it. Who can you trust to listen to you and support you?