

My Support Team

Filling my cup so I can fill others cup
Caring Adult Activity

January 2, 2023

TEXT
"MIND4HEALTH"
TO
65664





Who's in My Support Network?

Description

Before we can begin to let youth in our communities know that we are an "Askable Adult" that they can ask sensitive questions of, we need to make sure we have a support system of our own in place.

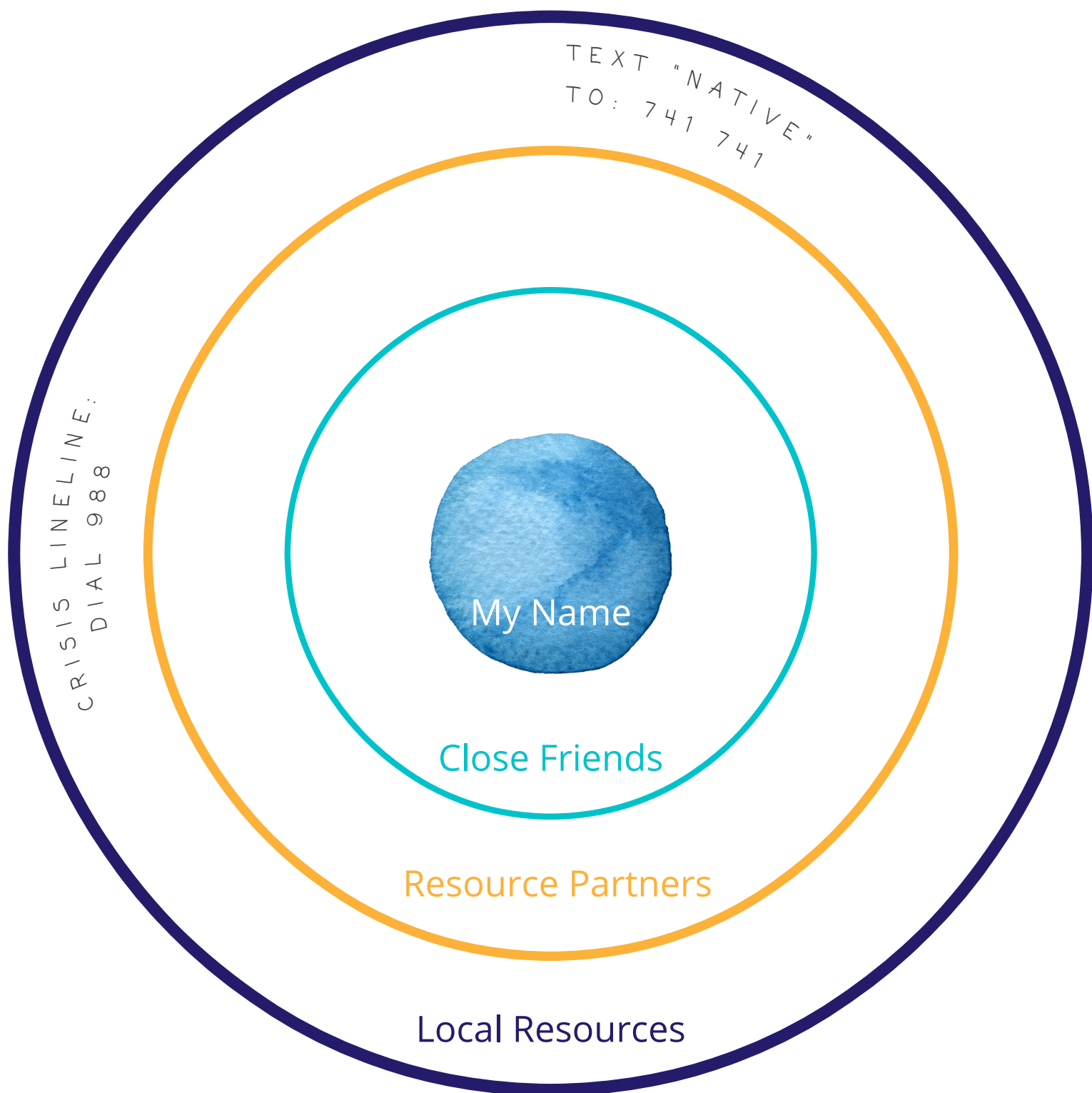
To start, think of who in your community *you* can talk to if a youth tells you something concerning.

Instructions:

1. **Circle 1: Write your name**
2. **Circle 2: Write the names of people very close to you.** Trusted relatives or friends who you know can help and listen are good people to start talking with when you need support.
3. **Circle 3: Write the names of resource partners;** helpers in your community that can help with resources or names of other partners or organizations (e.g. elders, mental health/ clinical).
4. **Circle 4: Write the names of local or national resources** that you can get support for either yourself or youth. For example, school or tribal counselors, coaches, teachers, administrators, health educators, community or traditional leaders, Crisis Lifeline.



My Support Team



1

Write Your Name

2

Write the names of
relatives or friends
very close to you
that you can talk to

3

Write the names of
helpers (e.g. elders,
mental health/
clinical) within your
community

4

Write the names of
local or national
organizations you
can call

My Support Team









Write down who is a part of your support team ahead of time so you've got folks names and numbers at your fingertips when you need them!

1 It all Starts with Me!







Write Your Name

For support, I can call:

2 My close relatives or friends

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

3 My Resource Partners

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>

4 Local or National resources

	<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>
	Crisis Lifeline		988
	Text "Native"		741 741



You are not alone! If you need help, Text "Native" to 741 741 for FREE 24/7 Counseling support, or Dial 988.

Scan the QR code using your phone for Native Youth Support Resources

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<https://linktr.ee/npaihbthrive>