

# RESOURCE WHEEL

**In the inner circle,** write the names and phone numbers of people and places you can call anytime, day or night, for help. E.g. close friends or family, 911, shelters, Distress Line (482-4357)

**In the middle circle,** write the names and phone numbers of people or places you can call primarily daytime or weekdays. E.g. friends, family, counselling services, support groups

**In the largest circle,** write down the things you do to take care of yourself

