

Where I can get more help



Think of a good friend, someone that you trust. Could you share this toolkit with them, so they can help you watch for your red flag early warning signs? They will then also know what you need to do to feel better. Write the name of someone you can identify as your toolkit supporter here:

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Fill in the details of your GP here:

Surgery address:

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Telephone number:

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Also see the further resources at the end of the book for other useful organisations for support.