

Where can I get more help?



Think of a good and trusted friend. Could you share this Toolkit with them so they can help you watch for your red flags? They will then also know what you need to do to feel better. Write the name of someone you can identify who could be your Toolkit supporter:

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Fill in your GP details here:

Surgery address:

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Telephone number:

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