

Name _____

Date _____

My Support System

Sometimes in life, you are faced with difficult decisions and challenging situations. While it may seem overwhelming, remember you are not alone. There are people in your life that you can go to for support.

Making a Support-System Record Book

Directions: Use the record book below to list the names and contact information for people on whom you can depend. Keep the list handy for times when you need support.

	Name	Phone	Email
1			
2			
3			
4			
5			
6			