

SUPPORT SYSTEMS

CHECKLIST

Do you agree with these statements?

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I know at least one trusted person I can contact for support.

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I know how to access emergency and support services in Europe.

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I understand that asking for help is a strength, not a failure.

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I know where to search for support organizations and services.

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I can recognize when I may need professional/emotional support.

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I know where to find mental health/emotional support resources.

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I understand that many support services can be confidential.

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I know that I deserve support even if my problem feels small.

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I understand that I do not have to handle difficult situations alone.

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I know how to recognize when someone may need support/help.