

FAMILY TOOL 03

Ongoing Support

Stay present after the first conversation.

Support is not one perfect talk. It is a pattern of showing up, checking in, noticing effort, and keeping communication available.

Check in

- Ask how things are going without demanding a complete answer.
- Notice small positive changes.
- Make space for honest feelings.

Connect to help

- Know when another trusted adult, school professional, counselor, or community resource may be useful.
- Asking for support is a strength.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: A way I can stay connected is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.