

Who Could Help

Map the people and places you could turn to, before things get desperate.

WHEN TO USE THIS

Use this on a steady day, so the list is ready when you need it.

Who do you know, and what could they realistically help with?

PERSON

COULD HELP WITH

Now places, not people. Advice lines, local groups, your school or work.

1.
2.
3.
4.

Which one will you look up or call first?

Free money advice services exist in most places. Asking one costs nothing and is not a last resort.

A list made on a calm day is a gift to yourself on a bad one.