

**WHEN I'M STUCK IN BED
WITH DEPRESSION I NEED:**

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.

The
MIGHTY

WHEN I'M FEELING OVERWHELMED I NEED:

I want you to know that:

In order to take care of myself today I have to:

You can best support me by:

1.

2.

3.

The
MIGHTY