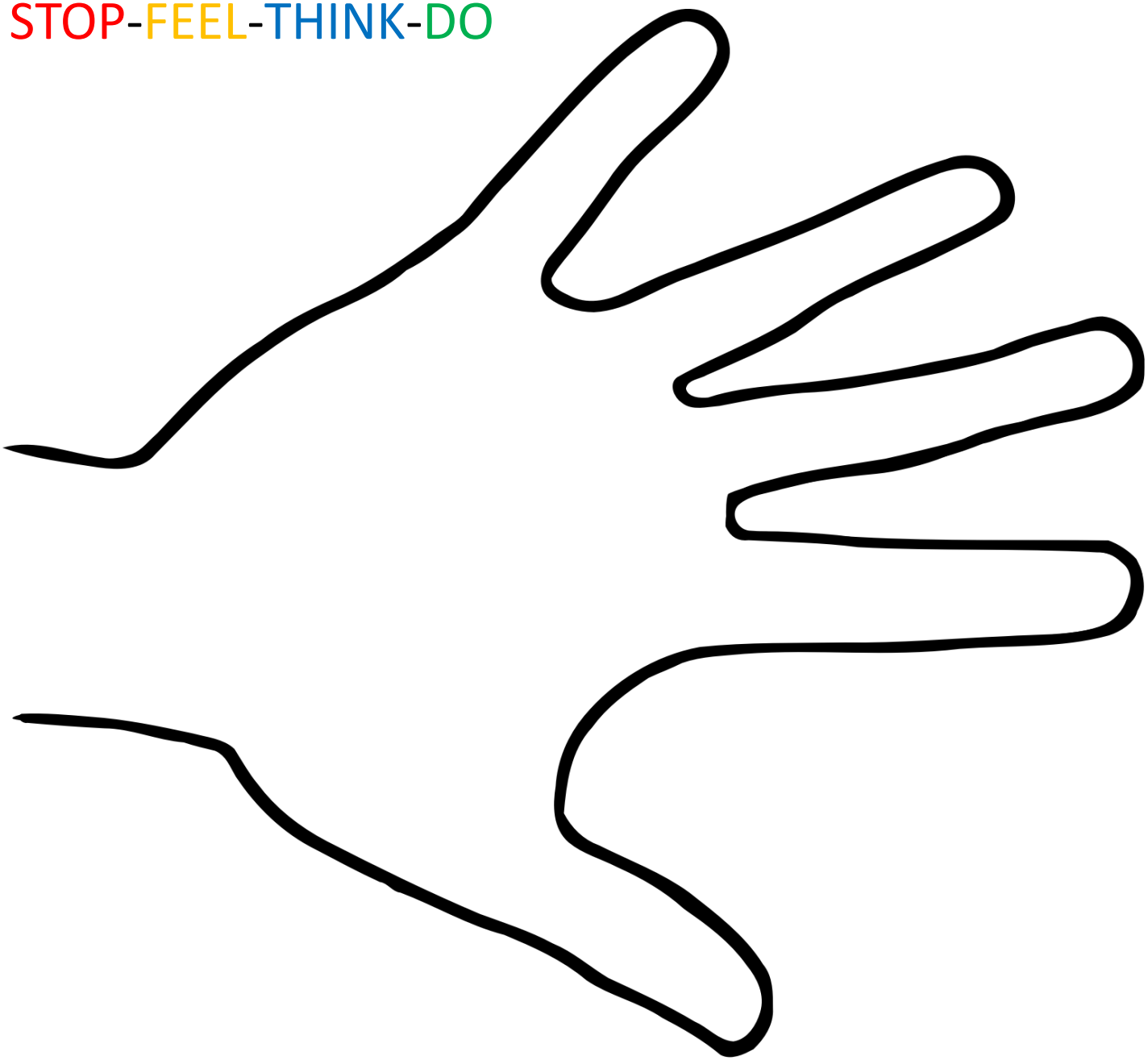
STOP-FEEL-THINK-DO



Helping Hand

The trusted adults on my hand are;

- Alive
- Contactable
- People I trust to help me
- Grown ups
- People I am confident to talk to