

MY NETWORK

Name at least four people / resources with their contact information that you can go to if you are experiencing trauma. If you have more than four, please add them.

The diagram consists of a central red rounded rectangle containing the text 'ME' in white. Four red rounded rectangles are arranged around the central one, two above and two below, connected to the central node by thin red lines. These four outer rectangles are empty, intended for the user to write names and contact information for their support network.