

My SOS Plan

It's ok to need special support from people in your life when you have lost a loved one, and it's ok to ask for help or to ask to talk about how you feel. Use this worksheet to think through when you might ask for help, who you should ask and how you can ask if you need to.

Draw or write your answers.



When should I ask for help?
(eg., when I'm feeling sad)

Who can I ask for help?
(eg., my parent, my grandparent, my teacher)

How can I ask for help?
(eg., the words I can use, or other ways of communicating)