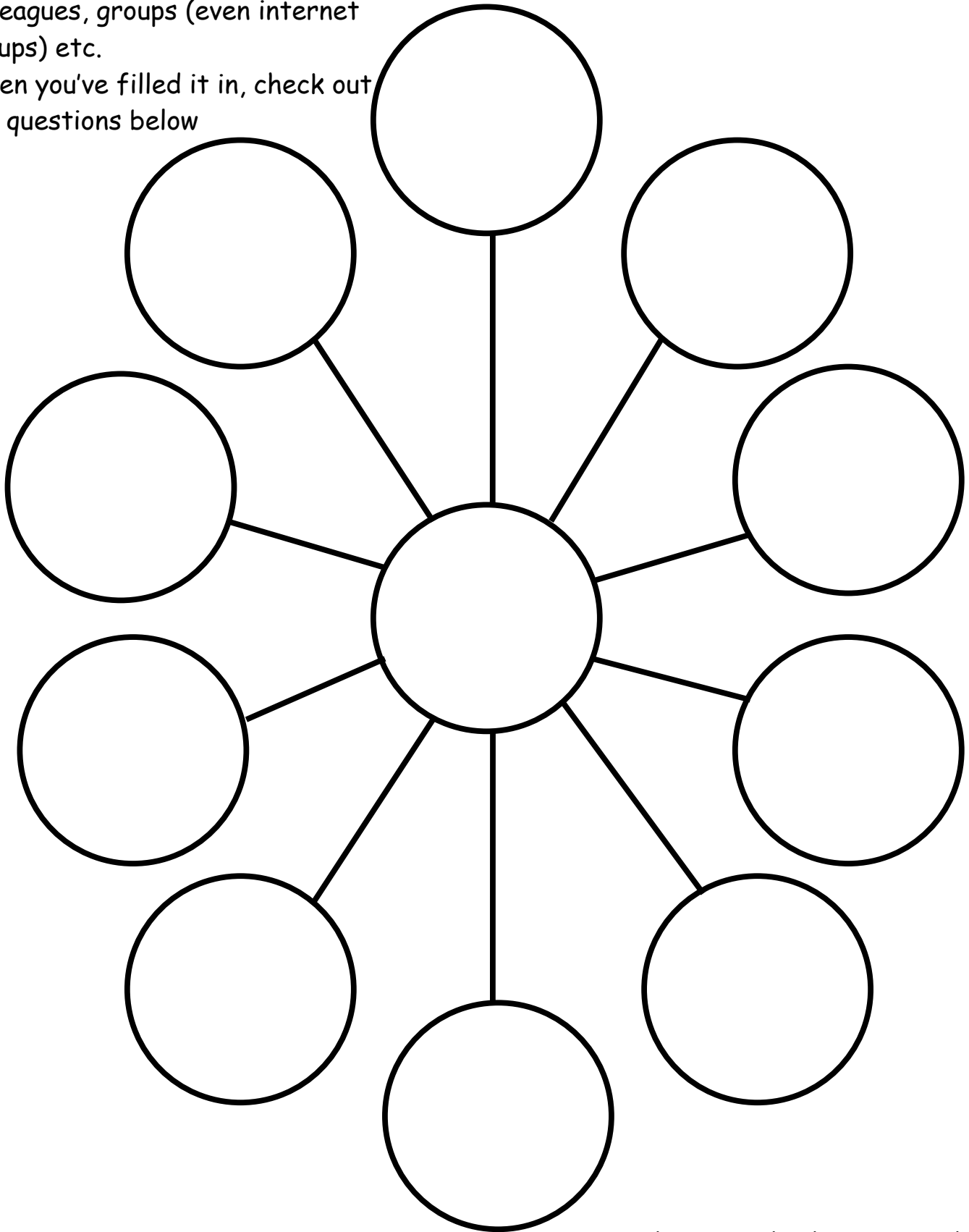


Support Net

Placing yourself in the middle, who do you have to support you? They can be family, friends, professionals, work colleagues, groups (even internet groups) etc.

When you've filled it in, check out the questions below



Are you happy with who is around you?
If you only have professionals on this, who else could help?
Are there others who would support you if you asked?

Think out of the box!