My Support Circle

> *"Be not ashamed to be helped; for it is thy business to do thy duty like a soldier in the assault on a town."*
>
> Marcus Aurelius, Meditations 7.7 (tr. Long)

Marcus reminded himself that needing help is no disgrace - a lame soldier still climbs the wall with a hand from another. Write down at least three people. It helps to tell them they are on your list.

PERSON	HOW TO REACH THEM	BEST FOR (A CHAT, A CRISIS, A LIFT, PRACTICAL HELP)	WHAT I MIGHT SAY

Services and helplines

My GP: _____ Local alcohol service: _____

Meeting I can go to (AA, SMART or other): _____

UK: Samaritans 116 123 (free, 24 hours) · Drinkline 0300 123 1110 · NHS 111. US: call or text 988. In an emergency call 999 (UK) or 911 (US).

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)