

# COMMUNITY CIRCLE WORKSHEET

Self-Care Parent#1

Self-Care Parent #2

## IMMEDIATE SUPPORT

Who is available to physically and emotionally support you right now?

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## WITHIN REACH

Who is available to support you from a distance or within a few hours/days?

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**CARE PROVIDERS**

Who are your medical care providers?

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**COMMUNITY**

What community resources can you take advantage of?

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**IMPORTANT QUESTIONS**

What do you need to be asked regularly to feel seen?

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**EMERGENCY CONTACTS:**

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Substance Abuse and Mental Health Services Hotline: 1-800-662-HELP

National Parent Hotline: 1-855-427-2736

Postpartum Support International: 1-800-944-4773

National Suicide Prevention Hotline: 1-800-273-8255

National Domestic Violence Hotline: 1-800.799.7233

In the case of **non**-life threatening emergency text "HELP" to Katie at 515-321-5608