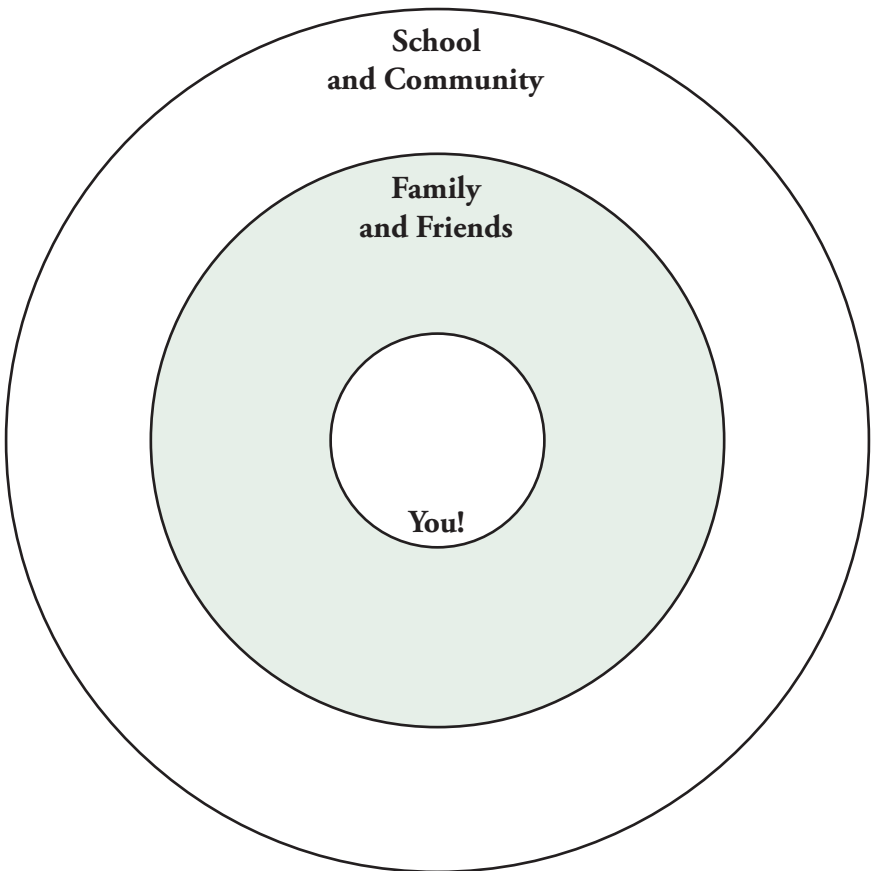


Resources & Supports

Now that you have set goals to achieve a self-determined life of success, it's time to think about the additional resources and supports you may need along the way to help you overcome those inevitable transition challenges. Having knowledge and access to people and resources can help you feel more connected, supported, and empowered. It can also improve mental and physical health, as well as increase resilience and coping skills during difficult times. ***Create your circle of support by identifying people and resources who can offer support or assistance to you.*** These can be family members, friends, school staff, community agencies, healthcare professionals, etc. support or assistance to you.



Who is outside your circle?