

My Support Network

By: _____

MY DOCTORS

CRISIS LINES

FRIENDS FROM HOME

COLLEGE FRIENDS

FAMILY

COLLEGE NUMBERS

- RA:
- ADVISOR:
- FIN AID:
- TUTORING:
- HEALTH CLINIC:

Keep contact information in multiple places, not just on your phone.

Establish connections before you need them.

For more tips visit www.TheConfidenceSociety.com

