



MY SURVIVAL KIT



Hello! My name is Winston. Are you ready for a space adventure? Heading off on any new adventure without supplies wouldn't be wise, and the Grief Galaxy can be a complicated place at times, it's probably best we spend some time thinking about what you're going to need to make this journey feel as smooth as possible.

This probably isn't the first challenge you've faced in your life, so think about what and who has helped you through any tough times, as well as what new people and things could help support you to think about your grief and feelings.

What has helped me before:

Who I can talk to if I need to:

What makes me feel better: