

What to do with worries



What is the worry?



Can you do anything
about it?

No

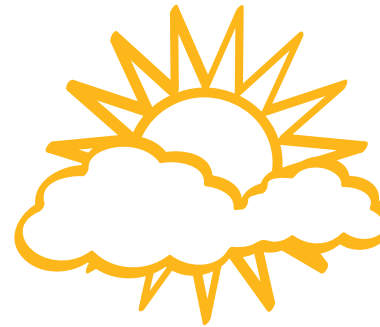
Yes



Talk to an adult
you trust. Don't
be alone with
your worries.



What can you do?



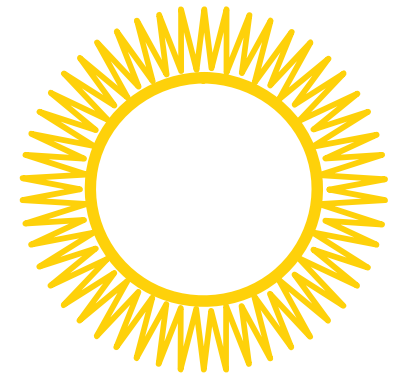
Is there anything you
can do right now?

Yes

No



What is it?



Make a plan for later.
Step 1:
