

# Support Squad

Having supportive people in our life is so important for our mental health. A problem shared is a problem halved, and having someone to talk to when things get tough can make the world of difference. Whether it's a family member, friend or colleague, having a trusted support squad there for us makes the hard times a little easier and the good times even better.

Use the space below to list the people – or pets! - who make up your support squad. Make it a priority to nurture these relationships and check in – remember it goes both ways and you could be in their support squad too!

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