

Time Away from Home Worksheet:

Support When Away from Home

1. What should I do if I am worried about my health condition and I want to talk to someone?

Tip: It may help to have more than one plan for support, in case your first choice isn't available.

2. Who knows about my condition? *(May include adults, friends, roommates, teachers, nurses, etc.)*

3. Who knows about my emergency needs?

4. Who knows my key contact information?

(Things to consider: Do they know how to get in touch with my family? Do they have a copy of my key contact information?)



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