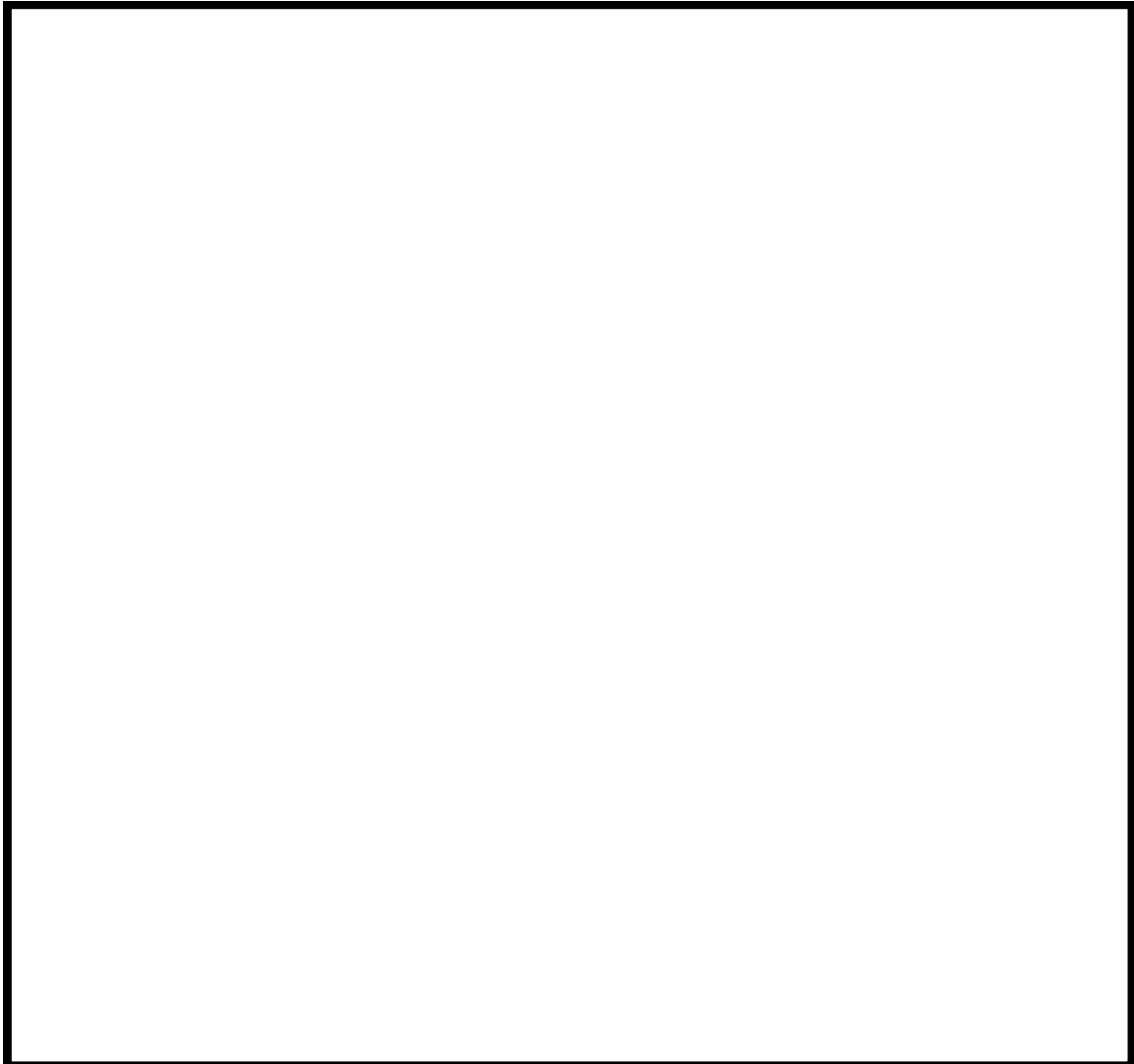


# Who to Reach Out to For Support

**Anxiety can be difficult, and you do not have to deal with it all on your own. In the box below, write down the names of people you trust who you can reach out to for support or talk to about your fears and worries.**

A large, empty rectangular box with a black border, intended for the user to write down the names of people they can reach out to for support.