	MENTAL	TLALI I	JAI	LII	PLAIN	
		ns that tell me I'm	starting to ge			
	— Thoughts			— Feeli	ngs ——	
-	— Behaviours			Body Ser	nsations ——	$\overline{}$
_						
-		- Things that	trigger me			\neg
		– A safer en	vironment			
		Getting	support -			