

What to do with worries



What is the worry?



Can you do anything about it?

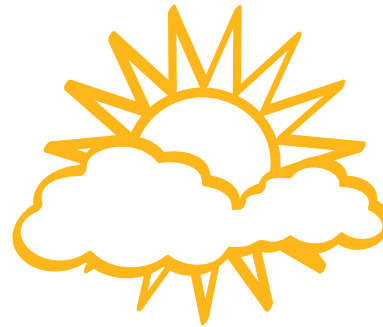
No **Yes**

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



What can you do?

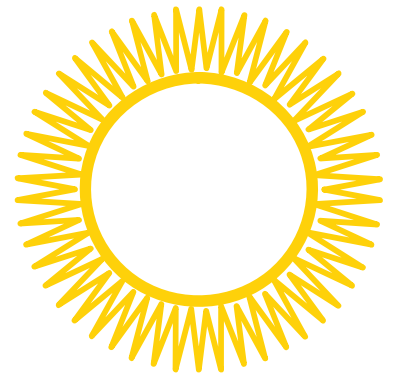


Is there anything you can do right now?

Yes **No**

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What is it?



Make a plan for later.
Step 1:
