

TOOL 04

Remembering What Helps

PARTICIPANT TOOL • GENERAL EDUCATION

Keep the strategies you have already chosen — or a professional has recommended — where you can actually find and use them.

This tool is for strategies you have already chosen or that an appropriate professional has recommended.

When I notice...	I want to remember...	My cue / reminder	How I use it safely	When I should ask for help

RECOGNISE → REMEMBER → CHOOSE → INITIATE → USE SAFELY → REFLECT → SEEK HELP
WHEN REQUIRED