Safe & Supportive Adults

School

Me & My Closest People

Community

Home
You are at the center of your experiences. It is important to be able to identify safe and supportive adults that you can turn to if you need help, feel unsafe or just want someone to talk to.

Sometimes identifying these adults can be hard. Think about adults in your life that work to build trusting relationships with you, show care for your wellbeing and listen to you. Use the triangle above to map out safe & supportive adults from each area of your life.

Additionally, you could make sure you have contact information for each of these adults and put it in your phone or on a piece of paper in your wallet.

**Ask yourself, of these people, “who would I feel most comfortable turning to if...”**

- I felt unsafe with my partner?
- I needed advice about relationships?
- I just needed someone to talk to about the stress in my life?
- I had an interaction online that made me uncomfortable?

**Contact Umbrella:** If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at **(802)748-8645** and in Orleans & N. Essex counties at **(802)334-0148** or email an advocate at Advocate@umbrellanek.org