

Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm 08088 020 021 ask@winstonswish.org winstonswish.org



Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm 08088 020 021 ask@winstonswish.org winstonswish.org



## MILKY WAY OF MILESTONES

How I feel about that day:

What I want to do on that day:

What I'm most worried about:

Who I can talk to about it:

What I can do to make me feel better:



Support is immediately available on weekdays (excluding bank holidays) from 8am to 8pm 08088 020 021 ask@winstonswish.org winstonswish.org