My connection plan

One week of meaningful contact

Week of: _____ Choose company you enjoy. Confirm access, transport and cost before planning a visit.

Contact 1: person / day / time / call or visit

Contact 2: person / day / time / call or visit

Contact 3: person / day / time / call or visit

Access or transport needed; who will arrange it

If a plan is missed: who contacts whom, and when

What felt enjoyable? One adjustment for next week

Persistent distress: seek professional help. U.S. crisis: 988. Danger: 911.