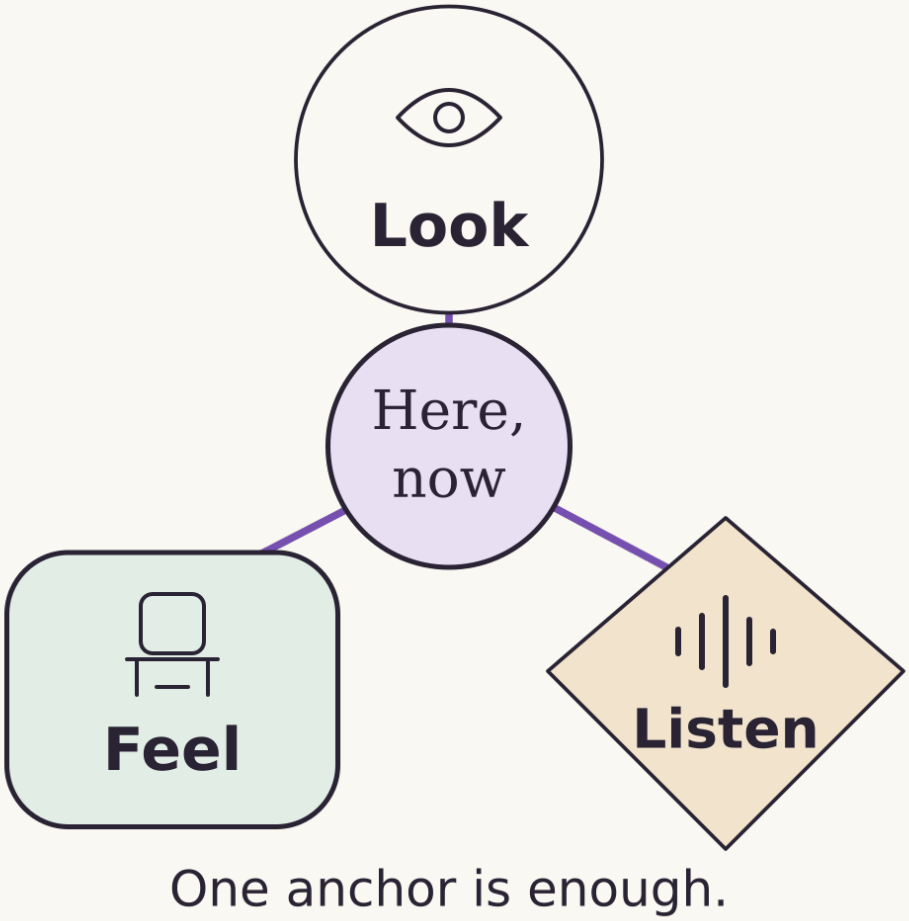
GROUNDING

Find one anchor

Choose one thing to notice. You can stop at any time.



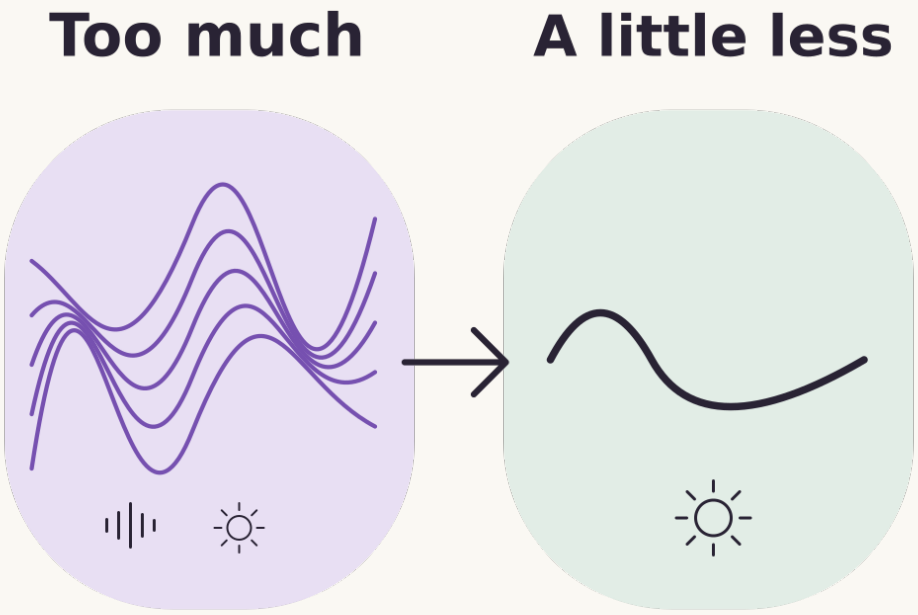
Look: Name one thing you can see. Feel: Notice the chair or surface supporting you. Listen: Notice one sound around you. No need to do all three. If this feels uncomfortable, pause or choose something else.

Reading: VA Whole Health: Sensation of grounding

SENSORY OVERLOAD

When input is too much

Try one change that feels comfortable for you.



Less noise. Softer light.
More space. Fewer words.

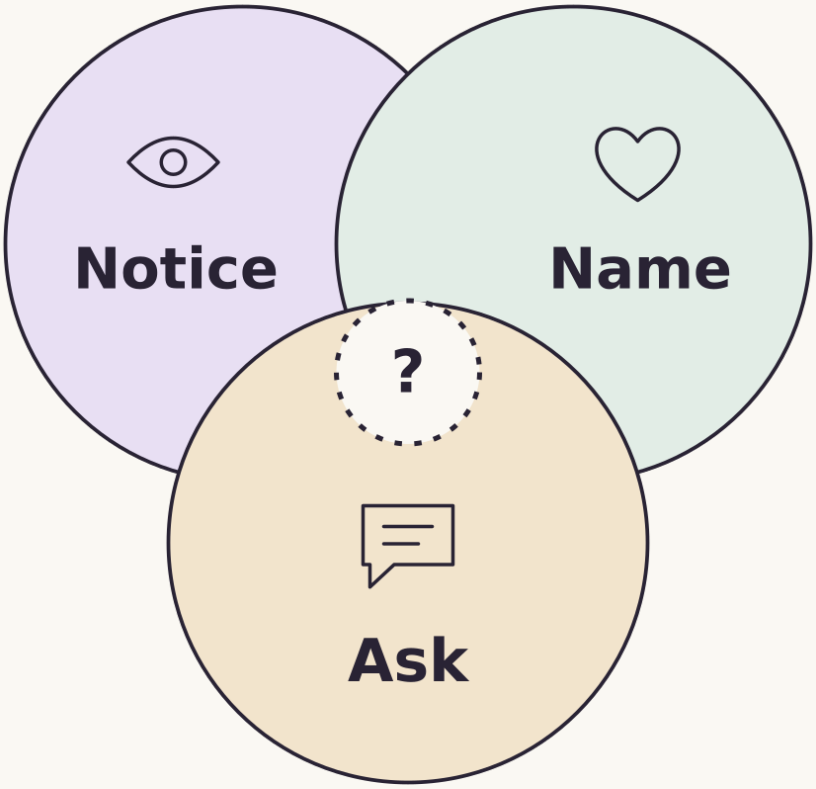
Noise: A quieter space or less audio. Light: Softer lighting. Touch: More personal space or comfortable clothing. Talking: A pause, or one question at a time. Different people need different things. You can ask for a change without explaining everything.

Reading: National Autistic Society: Sensory processing

FINDING WORDS

Words for what you need

Try any part of this. An exact label is optional.



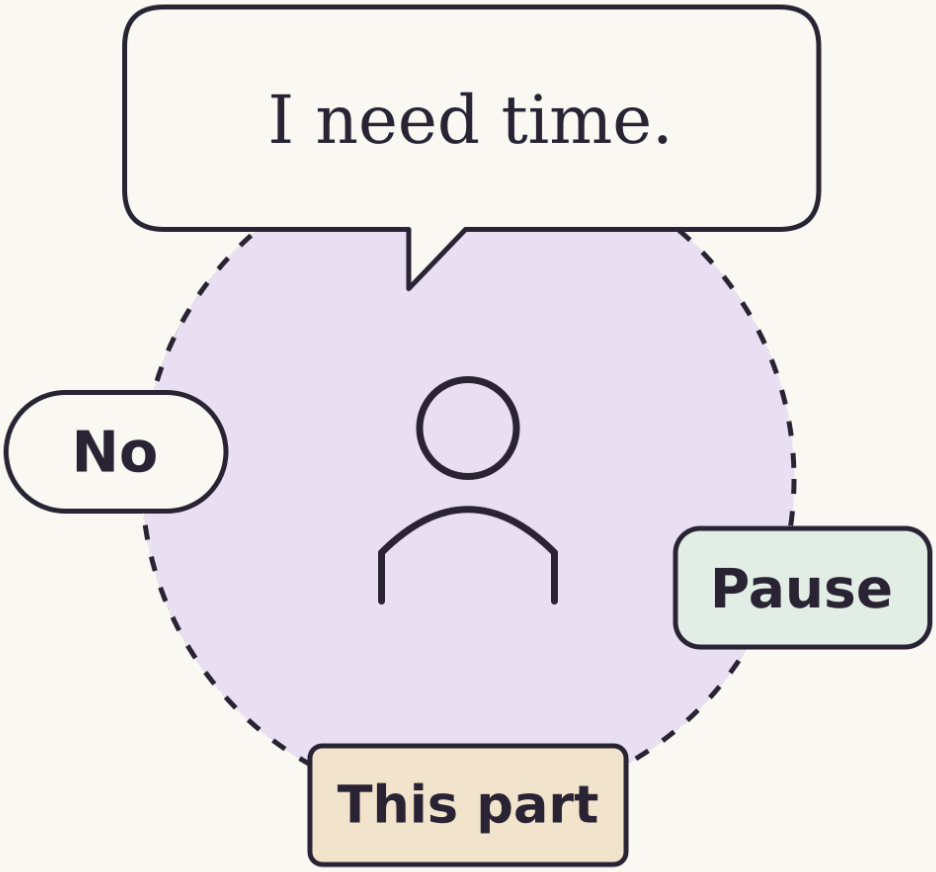
You can begin anywhere.

Notice: What is happening for me? Examples: Tense / heavy / restless / unsure. Name, if you can: What feeling comes closest? Examples: Worried / sad / angry / mixed. Ask: What might help right now? Examples: Quiet / company / time / practical help. There is no fixed link between a feeling and a need. "I'm not sure, but I need support" is enough.

PERSONAL BOUNDARIES

A boundary, in your words

A short sentence can make your limit clear.



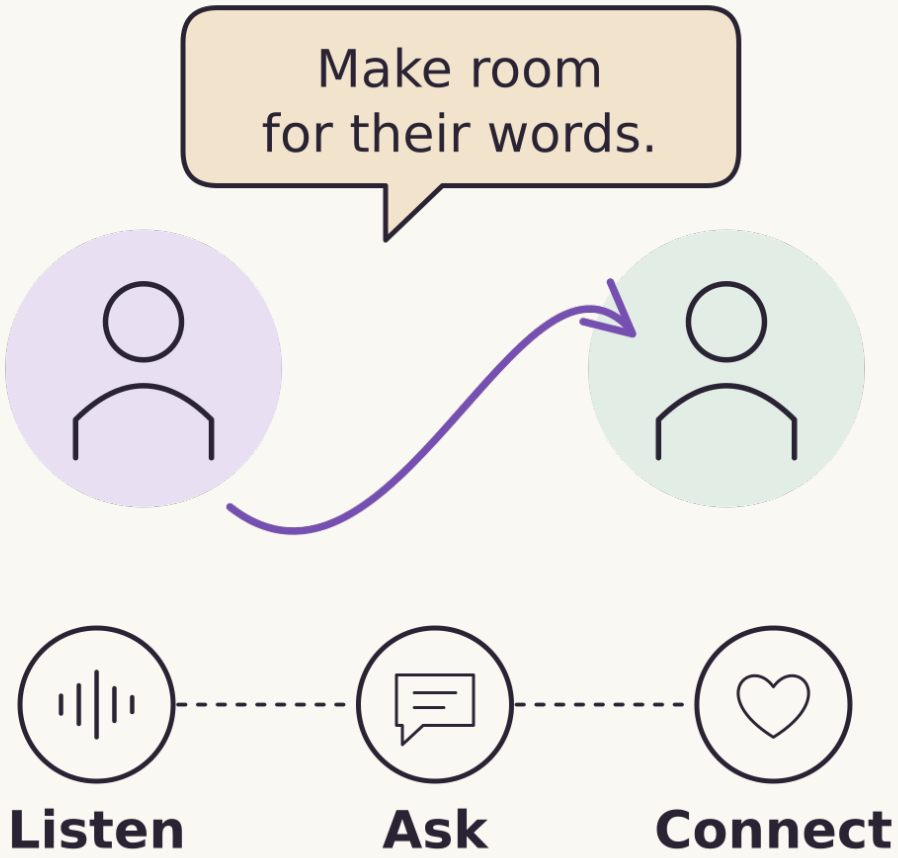
Say no: I'm not available tonight. Take time: I need time before I answer. Set a limit: I can help with this part. If stating a boundary could put you at risk, seek support with safety planning first.

Reading: Centre for Clinical Interventions: Assertiveness

SUPPORTING SOMEONE

Be with someone in distress

You do not need to solve everything to offer support.



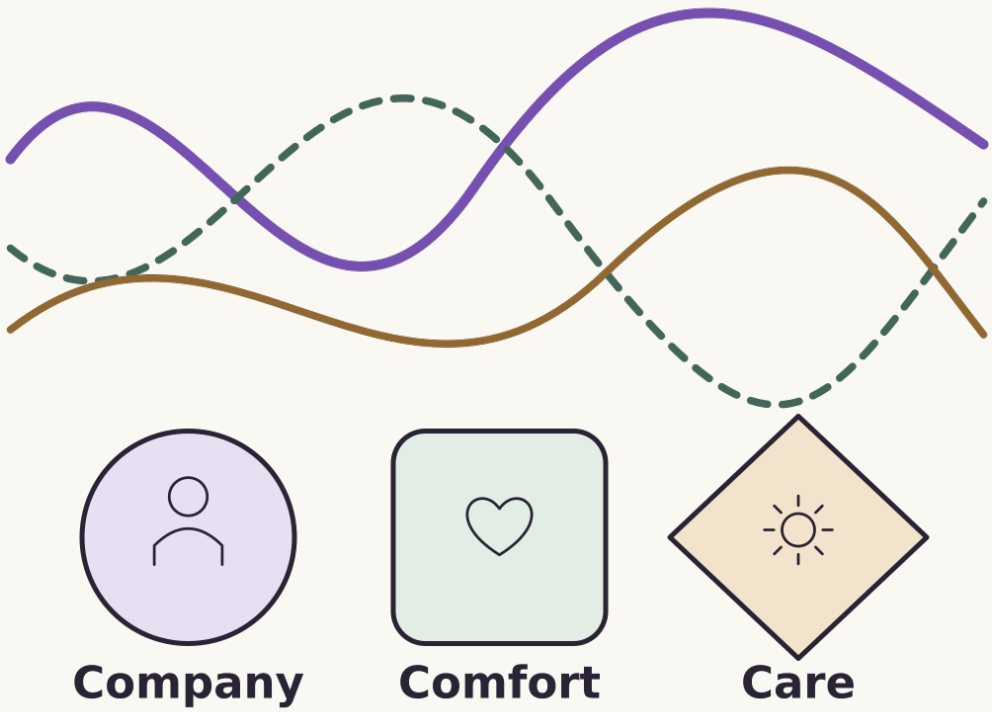
Listen: Give them space to speak. Avoid judging or rushing to advice. Ask directly: If you are worried about suicide, ask: "Are you thinking about suicide?" Connect with help: In Canada, either of you can call or text 9-8-8, any time. Immediate danger or serious injury: call 911 in Canada. Elsewhere, use local emergency or crisis services.

Reading: 9-8-8 Canada: Talk to someone you are worried about

GRIEF AND LOSS

Grief has no fixed order

Feelings can change, overlap or return. There is no timetable to follow.



Company: Ask someone to sit with you, with or without talking. Comfort: Choose a familiar ritual, memory or quiet activity. One basic need: Make room for a drink, food or a rest. These are options, not stages. Support is available whenever grief feels too much to carry.

Reading: CAMH: Loss, grief and healing

ASKING FOR SUPPORT

A first message is enough

You can start with a few words.



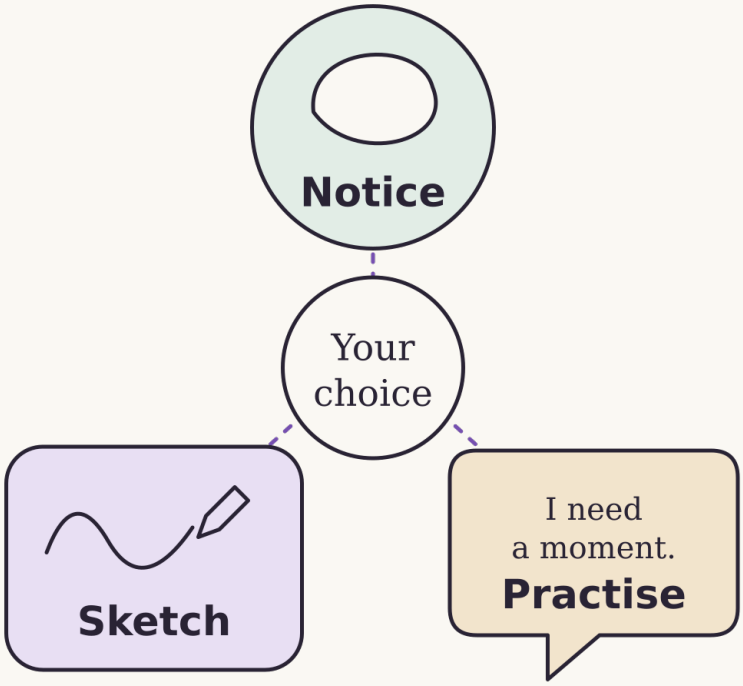
Try this: I'm having a hard time. Can you help me find a next step? If you want, add: What you need: a conversation, counselling or help finding services. Contact North Aster: hello@northaster.com. Counselling: within Canada, subject to suitability and local requirements. Support and navigation: internationally. Email is not monitored for emergencies.

Reading: North Aster: Contact and service scope

TRY AN ACTIVITY

Explore an idea by doing

Try an everyday object, a sketch, or a few words. Choose whatever feels useful today.



Find one detail. Choose something nearby: a familiar object, clothing, or a surface supporting you. Notice one edge, texture, or point of contact.

You can look, touch, or simply notice where you are. No special object is needed.

Give an idea a shape. Use a line, shape, word, or two objects to represent what is on your mind. Add or choose one thing that stands for what you need.

Drawing is optional. Arranging words or objects works too.

Try a phrase privately. Choose a phrase such as “I need a moment” or “Could you help me with this?” Say it, write it, sign it, or use your usual communication aid.

If using a phrase with someone could put you at risk, seek support with safety planning first.

There is no sequence to finish. Skip any option, adapt it, or stop.

Original exploration prompts. Sources and text alternatives are included on the website.

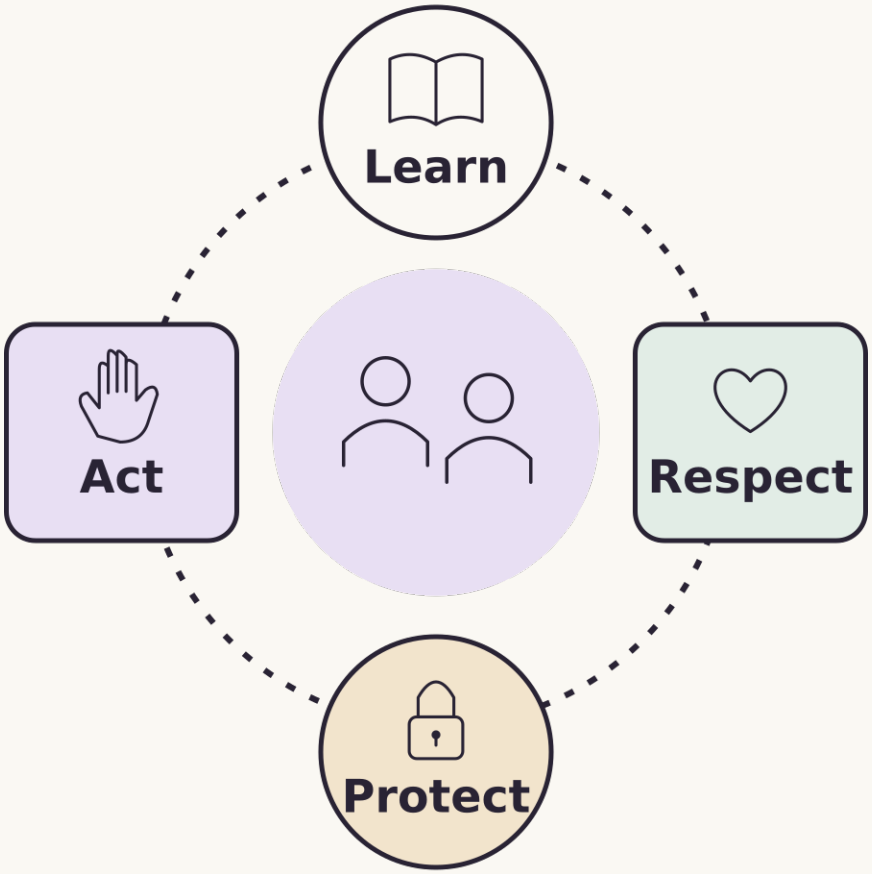
Reading: VA Whole Health

Reading: CCI assertiveness

ALLY GUIDE

Allyship is something you practise.

Everyday actions that support Two-Spirit and LGBTQIA+ people. Start with one, and keep learning.



Use their words. Respect the name, pronouns and identity someone shares. Do not guess from appearance or ask for private body or medical details.

Protect their privacy. Ask what is okay to share, with whom, and where. A person being out to you does not mean they are out to everyone.

Put care into action. Check what support the person wants. Challenge harmful comments when safe, and make room for community voices and leadership.

Reading: The Trevor Project - ally guide

ALLY GUIDE

Everyday moments

Someone shares their identity with you.

"I'm glad you told me. What would feel supportive?"

Let them set the pace. They do not owe you an explanation or a label.

You use the wrong pronoun.

"Sorry, they. I'll correct that."

Make a brief correction, continue, and practise later. Avoid asking the person to reassure you.

You hear a harmful joke.

"Let's not make someone's identity the joke."

If speaking up could increase danger, check in privately and seek appropriate support instead.

You want to introduce someone to others.

"Which name and pronouns should I use here?"

Ask privately. Respect their answer and avoid sharing their identity without permission.

Two-Spirit has specific Indigenous meaning.

Two-Spirit is a term some Indigenous people use for identities and roles connected to their cultures, communities, gender or sexuality. Meanings vary. Not every LGBTQIA+ Indigenous person uses it, and it is not a label for non-Indigenous people. Follow the person's own language and learn from Indigenous-led sources.

People can face overlapping barriers related to racism, disability, poverty, age and other experiences. Ask what would make participation easier. Listen to feedback, repair mistakes and support work led by the communities involved.

Reading: Native Governance Center - Two-Spirit leadership